






# 4MOTION DARLINGTON



LOTTERY FUNDED

## COACHING SESSIONS

on Saturdays at West Park Bike Track

-  'British Cycling' qualified coaches 
-  Learn the FUNdamentals of mountain biking
-  Development of the core skills and techniques
-  From riding and just having fun, to entering a race

**ONLY £2 PER SESSION**

Bikes & safety equipment provided

5-9 years 1:30pm - 2:30pm

9 years+ 2:45pm - 3:45pm



For more information contact Marie on **07970 988094**

or [enquiries@4motiondarlington.org](mailto:enquiries@4motiondarlington.org)



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[www.4motiondarlington.org](http://www.4motiondarlington.org)