

Changes to Training at Aldersley from Monday 6th February

- The Wheelers have worked hard over the last 4 years to build up training and coaching sessions at Aldersley 3 times per week all through the year.
- We have invested heavily in time and money to build up the qualifications and skills of our volunteer coaching staff.
- We have grown the membership to over 350 and have brought many families into riding, coaching and volunteering in the many jobs that are required in a big club.
- We now are reorganising our sessions and our pricing to deliver real benefit to all our members.
- Membership of the Wheelers is really good value at £20 for a family, £8 for a youth and £15 for a senior member. Contact Gordon Jones Membership secretary for more details or any other Club official.

New sessions:

- **Monday 19:00 to 20:00** Women/Girls only
- **Monday 20:00 to 21:30** Adult developer session (*come to this first if you have not ridden with us before. We do a safety briefing, explain all the exercises and have different ability groups. The coaches can best guide new riders to activities that will best suit after seeing them at this session.*)
- **Wednesday 19:00 to 21:00** race training in the winter (*Youth by invitation only - talk to a senior coach*). Track bike training in April (*check website*). Track League from May to early September (*check Wheelers and British Cycling website for details*).
- **Friday 18:30 to 20:00** Youth session. You will need to be a Wheelers member to ride this session or a new rider who is not a member of a cycling club or team. New riders will get a 4 week concession pass.
- **Friday 20:00 to 21:30** Adult Wolverhampton Wheelers members only session (*and invited youth*).

New prices:

- Wolverhampton Wheeler member youth £1.25 per session
- Wolverhampton Wheeler member adult £2.50 per session
- Non members youth and adult £5.00 per session
- Concession pass – 4 weeks at members rates if you are not a member of another BC registered club or team. This is to encourage new riders to have a go and to join the club if you like what we do!