

BIKEABILITY

LEVEL 3 | LEFEL 3

AM DDIM
FREE

DYSGWCH SUT I:

- Seiclo ar ffyrdd cymleth
- Eistedd yn gywir
- Seiclo ar ffyrdd gyda nifer o lonydd



CANOLFAN HAMDDEN RHUTHUN
RUTHIN LEISURE CENTRE

31/10/22
1PM-4PM



CANOLFAN HAMDDEN PRESTATYN
PRESTATYN LEISURE CENTRE

01/11/22
1PM-4PM

AGE
OED

11+

LEARN TO:

- Ride on complex roads
- In the best position
- Ride on multi-lane roads



I ARCHEBU EBOSTIWCH | TO BOOK, EMAIL:



ACTIVECOMMUNITIES@DENBIGHSHIRELEISURE.CO.UK

*Er sylw, er mwyn cyflawni'r cwrs yma mae'n angenrheidiol eich bod wedi cwblhau Lefel 1 a 2
* Please note, in order to complete this course you must have completed the Level 1 & 2 training