

HSBC UK National Cycling Centre – Indoor BMX
Indoor BMX – Winter 2018/19 *Starting 17th September*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9 - 10am	School & Community Bookings	School & Community Bookings		School & Community Bookings	School & Community Bookings		Intro 2 BMX	9 - 10am	
10 – 11am			Balance Bikes			Race Skills <i>9:30am – 11am</i>	Start Hill Coaching	10 – 11am	
11 – 12pm			TEAM GB	TEAM GB			Balance Bikes	11 – 12pm	
12 – 1pm						TEAM GB	Mini BMXer	12 – 1pm	
1 – 2pm							Intro 2 BMX	1 – 2pm	
2 – 3pm	TEAM GB	TEAM GB	School & Community Bookings	School & Community Bookings	TEAM GB	Progression	Private Bookings	2 – 3pm	
3 – 4pm						Accelerated Induction		Gates	3 – 4pm
4 – 5pm									4 – 5pm
5 – 6pm	Intro 2 BMX	BMX Rider <i>5pm – 6:30pm</i>	Race Skills <i>5pm – 6:30pm</i>	Progression	Intro 2 BMX	Private & Club Bookings	Club Bookings	5 – 6pm	
6 – 7pm	Start Hill Coaching			Intro 2 BMX	Start Hill Coaching			6 – 7pm	
7 – 8pm	Progression	Access BMX	Manchester BMX Club <i>From 10th October *not bookable through NCC</i>	Start Hill Coaching	Progression	Urban Expression		7 – 8pm	
8 – 9pm	Private & Club Bookings	Private & Club Bookings		Private & Club Bookings	Accelerated Induction		Gates		8 – 9pm
9 – 10pm									

To book, contact reception on 0161 2232244 option 3

For more information, contact reception or visit our website www.nationalcyclincentre.com

Start Hill Coaching – Was Intro 2 Start Hill. Session will now provide coaching for those new to the Hill as well as coaching for those who want to improve their Gate starts.

