

HSBC UK National Cycling Centre – Indoor BMX  
**Indoor BMX – October Half Term 2018**

|           | Monday 22 <sup>nd</sup>         | Tuesday 23 <sup>rd</sup>        | Wednesday 24 <sup>th</sup>                               | Thursday 25 <sup>th</sup>       | Friday 26 <sup>th</sup>         | Saturday 27 <sup>th</sup>       | Sunday 28 <sup>th</sup>  |             |          |
|-----------|---------------------------------|---------------------------------|--|---------------------------------|---------------------------------|---------------------------------|--------------------------|-------------|----------|
| 9 - 10am  |                                 |                                 |  | Parties, Groups & Club Bookings |                                 |                                 | Intro 2 BMX              | 9 - 10am    |          |
| 10 – 11am | Mini BMXer                      | Intro 2 BMX                     | Balance Bikes  | Parties, Groups & Club Bookings | Intro 2 BMX                     | Race Skills<br>9:30am – 11am    | Start Hill Coaching      | 10 – 11am   |          |
| 11 – 12pm | Intro 2 BMX                     | Start Hill Coaching             | TEAM GB  | TEAM GB                         | Start Hill Coaching             | TEAM GB                         | Balance Bikes            | 11 – 12pm   |          |
| 12 – 1pm  | Start Hill Coaching             |                                 |  |                                 |                                 |                                 |                          | Mini BMXer  | 12 – 1pm |
| 1 – 2pm   | Progression                     | Intro 2 BMX                     | Intro 2 BMX  | Intro 2 BMX                     | Parties, Groups & Club Bookings |                                 |                          | Intro 2 BMX | 1 – 2pm  |
| 2 – 3pm   | TEAM GB                         | Start Hill Coaching             | Start Hill Coaching                                      | Start Hill Coaching             |                                 | Progression                     | Parties & Group Bookings | 2 – 3pm     |          |
| 3 – 4pm   |                                 | TEAM GB                         | Parties, Groups & Club Bookings                          | Parties, Groups & Club Bookings | TEAM GB                         | Accelerated Induction           |                          | Gates       | 3 – 4pm  |
| 4 – 5pm   |                                 |                                 |  |                                 |                                 |                                 |                          |             |          |
| 5 – 6pm   | Intro 2 BMX                     | BMX Rider<br>5pm – 6:30pm       | Race Skills<br>5pm – 6:30pm                              | Progression                     | Intro 2 BMX                     | Parties, Groups & 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<br><i>*not bookable through NCC*</i> | Start Hill Coaching             | Progression                     | Urban Expression                |                          |             | 7 – 8pm  |
| 8 – 9pm   | Parties, Groups & Club Bookings | Parties, Groups & Club Bookings |  | Parties, Groups & 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](http://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.

