



Ealing BMX Club Wingz

Wingz BMX is a new inclusive BMX session for children and young people with additional needs delivered by British Cycling qualified coaches.

Perfect for beginners, or to improve bike skills

- learn to ride a BMX bike on the flat and track
- make friends, build confidence, learn new skills
- get fit, have fun!
- join in the London Youth Games in June



When: Saturday 11.15am - 12.45pm

Dates: Saturday 11th March - Saturday 24th June 2017

Where: Ealing BMX Club Gurnell Leisure Park (by the swimming pool)
Ruislip Road East W13 0AL

Cost: £3 per session - first session FREE

What to wear: long trousers and long sleeves

Equipment provided: bmx bike, full face helmet and gloves

Sheltered seating area for parents/carers

WHAT NEXT? Come and have a look and a chat any Saturday morning.

Reserve your place at

ealingbmx@gmail.com or phone: Chris 07714 506024

See you on Saturday 11th March!

