



## Course details

### Course title

Fitness and Exercise: Cycling Confidence

### Course code

Q00017813

### Course date

Start: 05/06/25

End: 17/07/25

### Number of classes

7 sessions

### Timetable

Thu 5th Jun, 13:15 to 15:30

Thu 12th Jun, 13:15 to 15:30

Thu 19th Jun, 13:15 to 15:30

Thu 26th Jun, 13:15 to 15:30

Thu 3rd Jul, 13:15 to 15:30

Thu 10th Jul, 13:15 to 15:30

Thu 17th Jul, 13:15 to 15:30

### Tutor

Matt Doolan

### Fee range

Free to £66.15

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## Venue

Rector's Way Allotments (Weston-super-Ma  
Rectors Way  
Weston-super-Mare  
BS23 3NP

## Level of study

Beginners

## Course overview

Build your confidence on a bike with our Fitness and Exercise: Cycling Confidence course. Learn essential cycling skills, from basic bike handling to navigating traffic safely. Ideal for new cyclists and those looking to improve their cycling abilities.

## Course description

Fitness and Exercise: Cycling Confidence is designed to help individuals develop the skills and confidence needed to cycle safely and enjoyably. This course covers essential topics such as bike handling, traffic navigation, and cycling safety. Participants will learn how to ride confidently in different environments, from quiet streets to busy urban roads. The course includes practical cycling sessions, safety tips, and personalized advice to help participants overcome any fears or challenges they may have when cycling. By the end of the course, participants will have gained the confidence and skills needed to cycle safely and effectively, whether for commuting, fitness, or leisure. This course is ideal for new cyclists, those returning to cycling, or anyone looking to improve their cycling skills and confidence.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/5-june-fitness-and-exercise-cycling-confidence>