

FREE

Summer Holiday Sessions

# LEWISHAM COMMUNITY BMX SESSIONS

→ Volunteers welcome!

**DATES :** Friday 31st July    Friday 7th August  
Friday 14th August    Friday 21st August

## Coached BMX Sessions

|              |                 |
|--------------|-----------------|
| Wingz        | 10:30am-11:30am |
| Girls        | 11:45am-12:45am |
| Beginner     | 1:15pm-2:15pm   |
| Intermediate | 2:30pm-3:30pm   |

Wingz Sessions are for riders with additional needs and their siblings.

Book your place in advance using QR code

- Sign-in on arrival
- Wear long sleeve tops, trousers and trainers
- Bring your own gloves if you can
- Bikes and helmets are provided

 Lewisham BMX Track  
Old Bromley Road, BR1 4YJ



## ENQUIRIES

 [Charlotte.Cole-Hossain@accesssport.org.uk](mailto:Charlotte.Cole-Hossain@accesssport.org.uk)



Register for BMX sessions here