



Limerick “SUBWAY” Sprocket Rocket Bike Skills Course Starting May 11th

What is Sprocket Rocket?

Sprocket Rocket is Cycling Ireland's skills programme that teaches boys and girls aged 5-11 years old, through three progressions, 4 fundamental cycling skills of **Cornering, Pedaling, Braking and Balance**, by qualified “Sprocket Rocket” Instructors.

When and Where?

The Course will be run every Sunday from 3-5pm starting on May 11th at (Clarke's) “City Center” Multistorey car park, Thomas Street/Anne Street, Limerick City. The owners have very kindly offered sectioned-off space and car-free in their facility, which provides us with a perfectly safe environment to run the course.

How much is the Sprocket Rocket course?

Option 1: €30 (€20 for LTC members) - The participant gets a helmet, a high viz vest, a logbook, a certificate on completion. It also includes full insurance for the duration of the course, and coaching by a qualified Sprocket Rocket instructor.

Option 2: €20 (€10 for LTC members): The participant gets all of the above in option 1, except a helmet.

How to book: Please email Eamonn at eamonnhorgantri@gmail.com, or contact me on 086-8548696, with the details of your child(ren) and we will forward you an application form(s). **Please note: Only 24 places available so book early.**

For further details of the sprocket rocket programme see:

<http://www.cyclingireland.ie/page/programmes/sprocket-rocket>