

Knowsley Velodrome/BMX Programme 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00-8:00am	Road Bike Open Access (Accredited riders only)					Closed	Closed	
8:00-9:00am								
9:00-10:00am	School / College/University Hire (Booking Required)					BMX Open Access Session (all age groups) * No age restriction	Road Bike Open Access (Accredited riders only)	
10:00-11:00am						BMX Open Access Session (all age groups) * No age restriction	Private/Club Booking	
11:00-12:00pm						Coaching for All *No age restriction	Private/Club Booking	
12:00-1:00pm						BMX Gates Practice (all age groups) * No age restriction	Private/Club Booking	
1:00-2:00pm							Stage 1 Accreditation/ Taster Session *Age 8+	
2:00-3:00pm						BMX Open Access Session (all age groups)	Women & Girls Track Session *Age 8+	
3:00-4:00pm	Lord Derby Academy BMX Club 1 hour Session	Private/Club Bookings	Private/Club Bookings	Private/Club Bookings	Private/Club Bookings	**BMX Open Access Session** (all age groups) * No age restriction	BMX Birthday Party Booking (Booking Required)	Advanced Track Coaching *Experienced riders only aged 15+
4:00-5:00pm	Road Bike Open Access (Accredited riders only)					Private/Club Booking		
5:00-6:00pm	BMX Open Access Session (all age groups)* No age restriction 1 hour session	BMX Starter Session *No age restriction 1 hour session	Track Bike Open Access (Accredited riders only)	BMX Open Access Session (all age groups)* No age restriction 1 hour session	Road Bike Open Access (Accredited riders only)	Private/Club Booking	Private/Club Booking	
6:00-7:00pm	Track Bike Open Access (Accredited riders only)	Knowsley BMX Club 6:00-8:30pm	Track Bike Open Access (Accredited riders only)	Private/Club Bookings	Junior/Youth Track League Coaching (Velodrome) (8-16 years) Session runs: 5:45pm-6:45pm	Private/Club Booking	Private/Club Booking	
7:00-9:00pm	Liverpool Century Cycling Club (Velodrome) 7:00- 9:00pm		Liverpool Phoenix Cycling Club (Velodrome) 7:00pm – 9:00pm	Runcorn Cycling Club (Velodrome) 7:00pm – 9:00pm	Knowsley Track League (Velodrome) 7:00pm-9:00pm	Private/Club Booking	Private/Club Booking	

\*BMX Open access sessions: Under 13's to be accompanied by an adult

Saturday and Sunday (availability dependent upon events programme)

**\*\*The open access session on a Saturday 3-4pm will be cancelled if a BMX Party booking is confirmed\*\***

Please contact the booking team 0151 443 2200 or email [Knowsley.velobmx@knowsley.gov.uk](mailto:Knowsley.velobmx@knowsley.gov.uk) for further details on the programme or contact the British Cycling Go-Ride Coach Phil Ball on 07712324801 or [philball@britishcycling.org.uk](mailto:philball@britishcycling.org.uk)

**What to ride the Knowsley Velodrome or BMX Track? Find the right session for you or your club below.**

### **Community Private Hire**

**School / College/University Hire:** This is a private booking for all School / College and University groups to ride the track and receive professional coaching on the Velodrome or BMX. The coaching programme offers a range of educational sessions with clear learning outcomes. Basic introduction sessions can lead to more advanced coaching and competitions can be included. Please contact the bookings team to see how we can tailor sessions to your requirements.

**Cost: Schools/ Colleges and Universities can hire the track for £40 per hour including coach, bike/helmet & pads hire.**

**Private/Club Bookings:** The Velodrome/BMX Track is also available for private hire, whether it is for a club booking or community group. We can offer a number of inclusive packages that can include an open track or coached session. Whatever your requirements we can tailor the perfect package for you. **Cost: Private track hire with a coach £40 per hour (bike hire not included) Private track hire without coach £30 per hour (bike hire not included) BMX Bike Hire: £2 per person Track Bike Hire: £3 per person**

### **Velodrome Track**

**Road /Track Bike Open Access (Club/ Accredited Riders Only):** These sessions are open to all club/accredited track riders aged 16+. The track session is unsupervised so all riders must show proof of their club membership/accreditation before accessing the sessions. The timetable states which bikes can be used during each session. As this is an unsupervised session all riders taking part are responsible for their own safety on the track. Helmets must be worn at all times. Road bike hire will not be available at the centre and track bikes can only be hired after 5pm on a weekday during the allocated sessions.

#### **1 hour Pass**

#### **2 hour + Pass**

Cost: £2 per person (16+)

Cost: £4 (16+)

Bike/helmet hire: £3 per person (Bike hire only available after 5pm on weekdays)

**Stage 1 Accreditation/ Taster Session:** This is an introductory session for beginner riders aged 8+. This is also a good starting point for riders who wish to become accredited. You will receive professional coaching from a fully qualified British Cycling Track Coach. The Taster sessions are great fun and provide you with the opportunity to try track cycling for the first time. Once you have successfully completed a taster session and you are eager to progress further, you can then move onto the stages of accreditation. Riders wishing to progress to the Stage 2 Improver and then the Stage 3 Advanced/Accreditation sessions must first be assessed during a Taster session. You should inform the coach if you wish to be assessed at the beginning of the taster session. **Day & Time: Every Sunday 1-2pm.**

**Women & Girls Only session:** This is a track session for Women and Girls only aged 8+ and caters for all ability levels. The session provides you with the opportunity to ride with friends and others of a similar ability to develop bike handling techniques and develop cycling fitness. The session is open to beginners and more advanced riders. The coach will assess your ability level and cater the session to suit your needs. **Day & Time: Every Sunday 2-3pm.**

**Advanced Track Coaching:** These sessions are for experienced track riders only aged 15+. You must be an experienced club member or an accredited rider at either Knowsley or Manchester to ride these sessions. The session will be adapted to meet the needs of the riders. **Day & Time: Every Sunday 3-4pm**

**All one hour track coaching sessions are priced at: £2 per session (u16), £3 per session (16+), Bike & Helmet Hire: £3 per person**

**All two hour track sessions are priced at: £4 per session (u16), £6 per session (16+), Bike & Helmet Hire: £3 per person**

**\*All Velodrome Track sessions are weather permitting (if the track is wet/damp then the session will be cancelled and rearranged the following week)\***

### **BMX Track**

**BMX Open Access Session:** Open sessions are simply riding the whole track at your own leisure. Staff will be on hand to offer support and assistance, but coaches might not be present in this session to offer specific advice. Everyone is welcome. If you are new to BMX, we would recommend attending one of our coaching sessions before attending an open session. The session is open to all ages.

#### **1 hour Pass**

#### **2 hour + Pass**

Cost: £2 per session (u16), £3 per session (16+)

Cost: £4 (u16s), £6 (16+)

Bike/helmet hire: £2 per person

**BMX Gates Practice:** This is a coached gates session aimed at improving riders BMX gate technique and acceleration. Everyone is welcome to attend this session but we would suggest every rider has attending at least one BMX open access or coached session prior to attending.

#### **1 hour Pass**

#### **2 hour + Pass**

Cost: £2 per session (u16), £3 per session (16+)

Cost: £4 (u16s), £6 (16+)

Bike/helmet hire: £2 per person

**BMX Starter Session:** This is a BMX starter session for complete beginner riders. The session is open to all ages and concentrates on the basic BMX skills and techniques needed to ride the track safely. This session is the ideal starting place for those who would like a taster on the BMX track or would like to start riding the track on a regular basis. The coach will assess each rider after the session and recommend if they are ready to ride the open access/gates sessions or join Knowsley BMX Club.

**Coaching only (1 hour):** Cost: £2 per session (u16) £3 per session (16+) Bike/helmet hire: £2 per person

**Coaching for All:** This is an open age BMX coaching session that is aimed at all levels of riders, from beginner/novice riders to more experienced BMX riders. The session will be split between beginner and more advanced riders and will run on a Saturday morning 11-12pm. This is a great place to develop your BMX skills and technique further.

**Coaching only (1 hour):** Cost: £2 per session (u16) £3 per session (16+)

**Coaching + Gates/Open Access Sessions (2 hours +):** Cost: £4 per session (u16), £6 (16+) Bike/helmet hire: £2 per person

**Birthday Parties:** A BMX birthday party is a great way to try out BMX for the first time or introduce friends to the track. Party menus and room bookings can also be arranged as part of our package deal. **Cost: £100 per hour which includes one hours coaching, room hire and hire of bikes/helmets/pads for all riders**

\*Riders who have a 2 hour + Pass can stay on the track as long as they like but when coaching is taking place we ask you use a different part of the BMX track and be mindful of young riders taking part\*