

# Handcycling Sessions



Day	Month	Dates	Start	Finish
Friday	July	21st	6pm	7pm
Sunday	July	30th	2pm	3pm
Friday	August	4 <sup>th</sup> & 18 <sup>th</sup>	6pm	7pm
Friday	September	1st	6pm	7pm



Suitable for disabled athletes with physical impairments such as; spina bifida, spinal injuries, and amputees.

**£4 per session – 1<sup>st</sup> session FREE!**

At Eirias Athletics Track  
Eirias Park, Colwyn Bay, Conwy. LL29 7SP.

**For more information contact:**

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