



# MOVEMENT PARK

## ROCK UP & RIDE LED COMMUNITY CYCLING

### What is Rock up & Ride

Simply put, Rock Up & Ride is a series of fun, free and easy to access fully inclusive cycling sessions aimed at families in our local community.

Doesn't matter whether you have a bike or not we can provide everything needed delivering a long-term, sustainable increase in cycling activity and another fun family activity at Movement Park.

**Starts: 4th November**

**Saturday 1-2pm**

**Sunday 2-3pm**

**BOOK ONLINE:** [www.bookwhen.com/movementpark](http://www.bookwhen.com/movementpark)

**Clydeaway House, 813 South Street G14 0BX**

