

# Free Cycle Training

“I’ve never ridden a bike...”

“I can ride but I don’t feel safe.”

Adult Cycle Training sessions can help you.  
Whatever your level, our trainers tailor sessions to suit  
your needs and they come to you.

Book your *FREE* one hour cycle training session in your area online at:  
[keepingcardiffmoving.co.uk/cycle/act](http://keepingcardiffmoving.co.uk/cycle/act)

“Dwi ‘rioed wedi bod ar gefn beic.”

“Rwy'n gallu reidio ond nid wy'n teimlo'n ddiogel iawn.”

Gall sesiynau Hyfforddiant Beicio i Oedolion eich helpu chi. Beth bynnag  
fo'ch lefel, mae ein hyfforddwyr yn teilwra sesiynau i ddiwallu eich  
anghenion chi ac maen nhw'n dod atoch chi.

Archebwch eich sesiwn hyfforddiant beicio un awr AM DDIM  
yn eich ardal chi ar-lein yn:

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Keeping **Cardiff** Moving.co.uk  
Cadw **Caerdydd** i Symud.co.uk

## Hyfforddiant Beicio am Ddim