



BIGFOOT YOUTH CC

Spring Spin Sessions – 2019

What:

A series of sessions on spin bikes, in the company of a professional spin instructor. No previous experience on spin bikes is necessary, the session caters for all abilities. This is a great opportunity and was very popular last year. These have been arranged with the kind support of **mytime active**

When and where:

The Spin Studio, The Pavilion Leisure Centre, Kentish Way, Bromley, Kent, BR1 3EF. Dates: Thursdays – January 10th, 17th, 24th & 31st; February 7th, 14th & 28th; March 7th, 14th, 21st & 28th and April 4th.

Arrival and registration by **5:15pm at the latest** in the main reception area. Spin class from 5:30 to 6:30pm. We must insist everyone arrives on time – it otherwise disrupts the session. We appreciate the timing is earlier than our usual Thursday evening session, but it was the only time available and this is a fantastic opportunity not to be missed. If you are worried about traffic delays - leave home earlier.

Collection at 6:30pm in the main reception area – please don't be late.

An adult club volunteer will be in reception at the drop off, in attendance during the spin session and in reception at the collection time. Parents / carers are not permitted to watch the spin sessions, nor to wait in the corridor by the spin studio

There will be no club session at Bromley College on these dates

ADULTS – if you come in suitable attire and we have a 'no show' on the day you may get to spin

Who can attend:

Any member of our Youth section.

Priority

Priority will be given to those who have participated in Regional racing over past months; those who were part of the last Bromley Youth Games team; and those riders who are only able to attend Thursday sessions.

If you believe you are in one of these priority categories – please contact Adam with your understanding of which priority category is relevant and Adam will check and confirm.

If you book a session and then do not attend without letting Adam know in advance of your good reasons for not attending, you will be at the bottom of the priority list for the next batch of two spin sessions. Likewise for anyone attending without suitable attire.

Cost:

The cost of these sessions is included in your termly coaching fee, no additional payment is required

Bring:

- Suitable cycling clothes (which you should already be wearing when you arrive at reception, perhaps under other clothing layers / coats – as there is not time to change before the session)
- Trainers or cycling shoes with SPD cleats
- Water bottle
- Small towel
- You can also bring a change of clothes etc and can use the changing rooms after the session

Want to come?

Places are limited to 24 at each session. We will be releasing places in blocks of two weeks as follows – so if you want to spin, register your interest at the appropriate time via the appropriate link – places will be allocated first by priority and then first registered, first served.

We will publish details and you will be able to see who has been allocated a place by visiting the link below:
<https://sites.google.com/view/bigfootgoriding/club-spinning>

January 10th and 17th

Registration via the link below will open on about 1st Jan and will close during Sunday 6th Jan. The allocation of spaces will be published on about the 6th Jan

<https://form.jotformeu.com/83073421668358>

January 24th and 31st

Registration via the link below will open on about 6th Jan and will close during Sunday 20th Jan. The allocation of spaces will be published on about the 20th Jan:

<https://form.jotformeu.com/83073490871360>

February 7th and 14th

Registration via the link below will open on about 20th Jan and will close during Sunday 3rd Feb. The allocation of spaces will be published on about the 3rd Feb:

<https://form.jotformeu.com/83073975875372>

February 28th and March 7th

Registration via the link below will open on about 3rd Feb and will close during Sunday 24th Feb. The allocation of spaces will be published on about the 24th Feb:

<https://form.jotformeu.com/83073868931366>

March 14th and 21st

Registration via the link below will open on about 24th Feb and will close during Sunday 10th Mar. The allocation of spaces will be published on about the 10th Mar:

<https://form.jotformeu.com/83073378120352>

March 28th and April 4th

Registration via the link below will open on about 10th Mar and will close during Sunday 24th Mar. The allocation of spaces will be published on about the 24th Mar:

<https://form.jotformeu.com/83074067220349>

Finally:

If you have any questions or need to contact Adam please do so at adam@bigfootcc.co.uk