



# Cycle 4 Life

## New Cycling Centre Open Day

Hollingworth Lake Water Activity Centre,

Lakebank , Littleborough, Rochdale ,OL15 0DQ

Saturday 14<sup>th</sup> February 2009

Activities available from 9.30-3.30

with free prize draw at 12.15

### Prizes include a Mountain Bike



Pedal powered smoothie makers

Bike maintenance for beginners

Security coding for your bike

Led Rides

Health on Wheels

Bikeability training

Led walks

Cycle games challenge

Adapted bicycles sessions

Over 16's off road challenge



For further information and to secure your place on a specific activity please contact

Hollingworth Lake Water Activity Centre on 01706370499 or

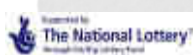
CTC Cycling Development Officer on 01706 922055 or visit

[www.Link4life.org/holwac](http://www.Link4life.org/holwac) or [www.ctc.org.uk/rochdale](http://www.ctc.org.uk/rochdale)

Programme supported by



Link4Life



Heywood, Middleton and Rochdale

