



FIRST GRADE COACHING

SPORTS COACHING, TRAINING AND DEVELOPMENT



Contacts

Training Provider First Grade Coaching Ltd

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Useful websites

www.bikeability.org.uk

www.ctc.org.uk

- National cyclists' organisation, offering advice and services to cyclists

www.britishcycling.org.uk

- Recognised governing body for cycling in the UK

Bikeability courses
**Parent information
booklet**