**Bikeability**

A group of kids on bicycles

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Would your child(ren) be interested in learning to ride or gaining more skills and confidence when cycling?

We have some free cycling activities on during the summer holidays for children and young people aged 5-16 years.

We provide bikes and helmets for all sessions or children can bring their own along.

If you would be interested, please contact [SPORT@northtyneside.gov.uk](mailto:SPORT@northtyneside.gov.uk) for further details.