

Get Moving North Tyneside



Activity	Date	Time	Location
Cobalt Nordic Walk Group (*cost £3 per session, payable in advance)	Weekly, every Tuesday	12.30pm	Cobalt Business Park/Silverlink Biodiversity Park
Cobalt Walk Group	Weekly, every Wednesday	12.30pm	Cobalt Business Park/Silverlink Biodiversity Park
Try a Bike loans. Free bike loans for staff at Cobalt Business park for cycle commuting	Weekdays	N/A	Cobalt Business Park, Travel Centre.
Guided Bike Ride. Bike Loans available	Thursday 15th April 2010	10am	The Parks Sports Centre, North Shields
Adult Cycle Training and Guided Bike ride	Friday 16th April 2010	10am	The Parks Sports Centre, North Shields
Adult Cycle Training. Pre bookable sessions to help you cycle safely with confidence	Tuesday 20th April 2010	Between 4pm and 6pm	Cobalt Business Park, Travel Centre.



Nordic Walking Taster Session. Try out Nordic Walking for free with 2 instructors. Pre booking required, poles provided	Monday 26th April 2010	10am	King Edwards Bay, Tynemouth
Nordic Walking Taster Session. Try out Nordic Walking for free with 2 instructors. Pre booking required, poles provided	Tuesday 27th April 2010	4pm and 5pm	Cobalt Business Park, North Tyneside
Guided Bike Ride. Bike Loans available	Tuesday 27th April 2011	5pm approx	Cobalt Business Park, North Tyneside to Rising Sun Country Park and return
Cobalt Wednesday Walk Group 2nd birthday. Bring a friend along to our walk and share our birthday cake!	Wednesday 28th April 2010	12.30pm	Cobalt Business Park, North Tyneside
Volunteer Walk Leader Training. Free full day training for anyone who would like to lead walk groups in North Tyneside	Wednesday 28th April 2010	9am	Cobalt Business Park, Building 23, North Tyneside
Family Cycle Ride	Sunday 2nd May 2010	9.30am	Rising Sun Country Park, Visitors Centre
Beginners guided bike ride (over 50's)	Thursday 6th May 2010	10am	Age Concern, Park Avenue, Whitley Bay



Dr Bike. Learn how to keep your bike in top shape as well as how to fix common problems.	Tuesday 11th May 2010	3pm onwards	Cobalt Business Park, Travel Centre.
Adult Cycle Training and Guided Bike ride	Friday 14th May 2010	10am	The Parks Sports Centre, North Shields
Adult Cycle Training. Pre bookable sessions to help you cycle safely with confidence	Tuesday 18th May 2010	Between 4pm and 6pm	Cobalt Business Park, Travel Centre.
Guided Bike Ride. Bike Loans available	Thursday 20th May 2010	10am	The Parks Sports Centre, North Shields
Guided Bike Ride. Bike Loans available	Tuesday 25th May 2010	5pm approx	Cobalt Business Park, Travel Centre.
Beginners guided bike ride (over 50's)	Thursday 3rd June	10am	Age Concern, Park Avenue, Whitley Bay
Family Cycle Ride	Sunday 6th June 2010	9.30am	Rising Sun Country Park, Visitors Centre

For more information on any of the activities please contact Emma Spence
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