

MEMBERSHIP BENEFITS

MEMBERS / PAYABLE IN ADVANCE
R1140 PER TERM

NO MEMBERSHIP FEES
FOR MOMS

**MOMS REGISTER
FOR FREE**

- No Membership Fees for Moms



COACHING

- Standard 4 Sessions per Month Included In Membership
- Groups can consist of Up to 15 Riders
- Standard Conditioning Programme Available on request
- 1 x Free Assessment
- Coaching upgrade packages available on request
- Refer to website for coaching venues

APPAREL

- C2R cycling apparel available at events
- Brochure on website or mail suneth.k01@cycle2ride.co.za for more info.



DISCOUNTED RATES FOR EVENTS

- 50% off entry fees for C2R hosted events.

PERSONALISED COACHING UPGRADE OPTIONS

PAYABLE IN ADVANCE

UPGRADE OPTIONS

ONLINE COACHING

- Personalised Coaching

R2100 / term

ONE-ON-ONE COACHING 12 SESSIONS

- One-on-One Training
- Personalised Training Programme
- Off-the-Bike conditioning with Biokineticist

R3240 / term



**JOIN
NOW**

SCAN THIS CODE AND
BECOME A MEMBER

WWW.CYCLE2RIDE.CO.ZA

START YOUR CYCLING JOURNEY WITH C2R



CONTACT

@Cycle2Ride
@cycle_2 Ride



+27 87 284 6994
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www.cycle2ride.co.za

C2R is an initiative that aims to promote cycling as a medium for family cohesion, relaxation, fun, and possible career choice for those truly interested in becoming professional athletes.



SKILLS COACHING

Our tailored programmes cater for all levels and include: personal goals, safety, intensity, duration, bicycle handling and riding skills, suggested activities and tips.

DESTINATION
02
DESTINATION

RECREATIONAL FAMILY GROUP RIDES

Join us for fun family group rides on weekends! Tailored to your skill levels, your whole family gets the chance to explore our beautiful countryside and MTB trails.

DESTINATION
03
DESTINATION

SHOP

Our store exclusively stocks C2R kit – please mail us to see our brochure or download it from our website.

DESTINATION
01
DESTINATION



START YOUR CYCLING JOURNEY AS A FAMILY, TO RIDE OR TO RACE, IN A FUN AND SAFE ENVIRONMENT!

CYCLING EVENTS

Our cycling events provide the opportunity to spend time with your family while testing and applying the skills you've learnt. Please visit C2R's facebook page for our upcoming events.

DESTINATION
04
DESTINATION

FAMILY CYCLING GETAWAYS

Take the whole family on cycling adventure weekends (tailored to your skill levels) on our family cycling getaways/expeditions.

DESTINATION
05
DESTINATION

START YOUR JOURNEY

OUT-OF-THE-BLOCKS TODDLER COACHING PROGRAMME

Our toddler programme was designed for toddlers in Group 5 and Grade R by Stadio's Faculty of Education. Offered at selected schools.

MEMBERSHIP REGISTRATION

Start your journey with C2R by registering as a member online and receiving your first coaching assessment.

GO
HAVE
FUN!