

## MEMBERSHIP BENEFITS

**CURRO MEMBERS  
R150 PER MONTH**

**NON-CURRO MEMBERS  
R200 PER MONTH**

**NO MEMBERSHIP FEES  
FOR MOMS**

**MOMS REGISTER  
FOR FREE**

- No Membership Fees for Moms



## COACHING

- Standard 2 Sessions per Month Included In Membership
- Groups can consist of Up to 15 Riders
- Standard Conditioning Programme Available on request
- 1 x Free Assessment

## JOIN GROUP RIDES (OUTRIDES)

- 2 Group Rides per month

## DISCOUNTED RATES ON C2R EQUIPMENT & APPAREL

- C2R Cycling Apparel available Online and at Events



## FREE ACCESS TO C2R TRACKS

- Skills-track located at Curro Schools

## DISCOUNTED RATES FOR EVENTS

- Saturday MyRyde Events
- Weekend Expeditions



## PERSONALISED COACHING UPGRADE OPTIONS (ADDITIONAL COST)

### UPGRADE OPTIONS

#### ONLINE COACHING

- Personalised Coaching

(Additional p/m)  
**R 500**

#### 2 SESSIONS PER MONTH

- Smaller Coaching Groups of a maximum of 5 Riders
- Training Programme
- Off-the-Bike conditioning

(Additional p/m)  
**R 200**

#### 4 SESSIONS PER MONTH

- Smaller Coaching Groups of a maximum of 5 Riders
- Training Programme
- Off-the-Bike conditioning

(Additional p/m)  
**R 350**

#### ONE-ON-ONE COACHING 4 SESSIONS

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

(Additional p/m)  
**R 650**

#### UNLIMITED PERSONALIZED TRAINING SESSIONS

- Unlimited sessions with specialists
- One-on-One Training
- Personalised Training Programme
- Off-the-Bike conditioning with Biokineticist
- Ideal for performance athletes

**R500 Plus**  
R200 (Additional Per Session)

# START YOUR CYCLING JOURNEY WITH C2R

Supported by  
**CURRO**



## CONTACT

@Cycle2Ride  
@cycle\_2 Ride



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C2R is an initiative supported by Curro 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

DESTINATION  
04  
DESTINATION

## CYCLING EVENTS

Our cycling events provide the opportunity to spend time with your family while testing and applying the skills you've learned. For more competitive riders, we have our annual XCO events.

## ONLINE SHOP

Our online store exclusively stocks C2R kit and members get a member's discount.

DESTINATION  
01  
DESTINATION



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

## 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 Curro Schools.

### MEMBERSHIP REGISTRATION

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

## 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



GO HAVE FUN!



## JOIN NOW

SCAN THIS CODE AND BECOME A MEMBER