



Free Cycle Maintenance Sessions

LJMU have teamed up with Cycling Solutions to offer **free** cycle maintenance training open to all staff and students.

Based on campus these sessions are suitable for the whole range of abilities whether you are thinking about starting to cycle or an experienced cyclist wanting a tune up ready for Spring.

So please come along and bring your bike or just pop by and listen to the advice being given.



Dates and Locations

IM Marsh Campus

Tuesday 9th March – LSU Bar and Refectory.

Mount Pleasant Campus

Wednesday 10th March – Aldham Roberts LRC (Foyer area)

City Campus

Wednesday 17th March – area in front of Henry Cotton Building (Webster St)

All sessions will take the following format*:-

- 12pm - 1pm, Open Drop In Session
- 1pm - 2pm, Basic Maintenance – covering everyday problems you might have whilst out riding including puncture repairs.
- 2pm - 3pm, Brakes and Gears – starting with the basics and moving to more complex repairs.

**Please note space for bikes is limited for sessions from 1pm – 3pm so please arrive promptly to avoid disappointment.*

You will also have the chance to win a new set of lights or quality lock in the free raffle.

For more details of these sessions or to find out about the LJMU Cycle to Work Scheme or Discounted Student/Staff Cycle Hire scheme please see

www.ljmu.ac.uk/infrastructure/travelplans

