



OCTOBER BREAK 2018 PROGRAMMES

AGED 14-19 AND LOOKING FOR SOMETHING TO DO OVER THE OCTOBER HOLIDAYS?

FROM MONDAY 15TH – FRIDAY 19TH OCTOBER

RUTS Kick-Start programme

This programme helps you learn about motorcycling sport, motorcycle trials and participate in a mock trials session.

You will gain the 'Ride Bike' module qualification (SCQF Level 5) from our Motolearn programme. This programme is suitable for both riders and non-riders of motorcycles.

**3 Day programme: Session 1 & 2: 1000-1500
Session 3: 0900-1500**

To be delivered either from the workshop,
or from a mobile unit (Max 8 participants per group)

RUTS Mountain Bike Award

During this 5 day course, you will learn about specific Mountain Biking equipment and its functions. Following this, you will prepare for Mountain Biking activity (outdoor cycles).

Once you have completed your cycle, participants will evaluate the day and prepare for the next cycle.

5 Day programme: Mon-Friday: 1000-1500

To be delivered either from the workshop,
or from a mobile unit (Max 8 participants per group)

RUTS Urban Box

This 2-Day programme offers a unique introduction to our non-contact boxing course delivered with our mobile equipment. You will learn the core skills used in boxing, which include stance, guard, punching techniques and basic movement.

2 Day programme: Sessions from 1200-1600

To be delivered from a community space near you (Max 12 participants per group)

**To book a place on any of our programmes, contact RUTS on ashert@ruts.org.uk
or 0131 663 5736 for more information or why not pop along for a chat?**



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