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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Intro To Track 5 - 6pm 	Lunchtime Drop In 12 - 2pm 	Early Bird Drop-In 7 - 9am 	Lunchtime Drop-In 12 - 2pm 	Adult Intro To Track 5 - 6pm Suitable for riders aged 14 years+	9 years+ Intro To Track 9 - 10am 
4 Week Track Attack 6 - 7pm 	Youth Race Craft Training 5:30 - 7pm 	Easy Rider 2 - 4pm 		Vets Club 6 - 8pm 	Youth Development Session 10 - 1pm 
Beginner Session 7 - 8:30pm 	Regular Riders (March - September) 7 - 9pm 	Key Yellow Youth 10 - 15 years  No Track Experience Required  Completed Track Attack  Invite Only from Development Session  Race Accredited  Open Para Session		Key Green Adults 14 years +  Completed Track Intro  Completed Beginner Session  Completed Improver Session  Race Accredited  Open Para Session	Disability Track Session 1 - 3pm  
Improver Session 8:30 - 10pm 	Track League 7 - 9:30pm (October - February) 				

For more information about the sessions or the required rider level please speak to the **Cycling Team** or visit newportlive.co.uk/TrackCycling