



Wheels For All is to return this April!

This inclusive cycling program, is suitable for all ages, and aims to remove barriers to cycling, especially for those with disabilities.

Our range of adapted cycles will be returning to Little Marlow Athletics Track from April 13th.

Bookings are now open. [Find out more.](#)

Staying Active, Staying Connected

Keeping Aylesbury, Wycombe and Chesham moving.

Staying Active, Staying Connected (SASC) aims to help older adults become more active by connecting them to existing programs and spaces in their community.

We are currently running surveys aiming to understand what offerings currently exist, and the barriers older adults face that deter them from being physically active.

Both our participant and instructor surveys can be found on our website: [Find out more.](#)



FREE WEBINAR

INTRODUCTION TO CANVA

WEDNESDAY 27 MARCH
9:00 - 10:00 AM

Learn how to use Canva, a free design software available to everyone, to promote your older adult classes.



Canva

Free webinar for instructors of older adult sessions!

Please email Alice.Bairstow@aitc.org.uk for more information.



Our Children & Young People programs have helped 78 individuals get active since January 2024.

Our Skateboarding, Dance, Netball, Girls Basketball, Touch Tennis and Karate classes are set to continue after the Easter Holidays. These run across Aylesbury, for ages 4-15 year.

See our full timetable [here](#).

Continuing programs:

Masters Football

This league is aimed at men over 35 years old. These 5-a-side matches take place indoor during weekday evenings.

Find out more about our Northern League [here](#).

Forever Cycling

These low mobility cycling sessions are aimed at over 50s. Our virtual cycle routes allow participants to travel the world from their local community centre.

[Click here](#) for our full Forever Cycling Bucks timetable.

Over 50s Active Living sessions

Pickleball Wednesdays 7:30-8:45pm, Highcrest Academy. £3 per session.

T'ai Chi Mondays 11am-12pm, Fairfords Leys. Fridays 1:30-2:30pm, Wades Centre. £5 per session.

Better Balance Fridays 1-2pm, Downley Community Centre. £5 per session.

To book any Active Living sessions please contact Katie.Youngman@aitc.org.uk.



A bike donation project delivered across Aylesbury in Buckinghamshire. Recycling unwanted bikes for those in need.

Bikes will be re-homed following any required repairs and a full service.

As well as donations of unwanted bikes, we also require referrals for potential recipients.

Do you know an individual in need who would benefit from a free bike?

For more information, and to get involved, please [visit our website](#), or email Bolus.Fisher@aitc.org.uk.

Women Only Swimming announces new term

These sessions are run by women, for women. Currently running in Aylesbury, this program offers a great opportunity for females to learn to swim with confidence in a private pool. Our range of classes means there is something to suit all abilities! [Find out more.](#)



Upcoming projects

New older adult sessions in Wendover and Aston Clinton

We will be launching Forever Cycling and Seated exercise classes in Wendover and Aston Clinton.

These will alternate weekly, with a seated exercise class one week and Forever Cycling session the next.

For further information please email Amelia.Evans@aitc.org.uk.

Wheels for All lands in Aylesbury

The wheels are in motion for a second Wheels for All location this May.

We will need additional volunteers for our Aylesbury venue - The Kingsbrook School.

If you would like to find out more about how you can support this project please email Amelia.Evans@aitc.org.uk.

Levelling up Bucks

We are pleased to announce that we have secured funding to launch several new programs across Aylesbury with a particular focus on:

- Cultural diversity
- Women & Girls
- Disability & Inclusion

For further information please email Amelia.Evans@aitc.org.uk.

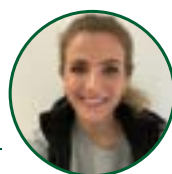
Meet the team:



Kirsty Gillingham

Director

Kirsty.Gillingham@aitc.org.uk



Katie Youngman

Project Officer - South Bucks

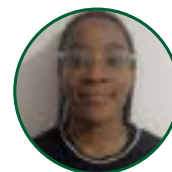
Katie.Youngman@aitc.org.uk



Adam Howard

Head of Physical Activity

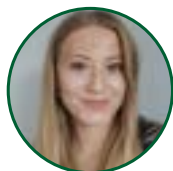
Adam.Howard@aitc.org.uk



Bolu Fisher

Project Officer - Bike ReCycles

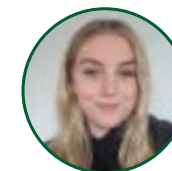
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