

Cycling Skills Course for Parents

Free!



Fun!

This 90-minute course will help build your confidence to get you back on your bike and cycling with your children.

The course includes:

- * Basic safety information
- * Overview of a bicycle
- * Off-road lessons
- * On-road cycle using your new knowledge
- * Free 'Cycling with your Children' booklet

What to bring:

- * Bicycle in good working order
- * Wear appropriate clothing
- * Yourself!

Where: _____

Date: _____

Time: _____

Contact: _____

Additional information: