

Bike Niagara invites you to

# REDISCOVER CYCLING!

Want to freshen up your cycling skills for 2024?
Getting back into cycling? Want to ride with greater confidence?

## FREE BICYCLE SAFETY COURSE!

## Two Components, Two Dates, 2 hours each



## 1. In-class Presentation

Safety principles and equipment, traffic positioning, rules of the road, hazards, Bicycling through a motorist's eye view



Pre-ride checks, 8 handling skills and emergency manoeuvres, short road ride



#### Two Niagara Venues in Pelham – Registration Required

**1 In-Class Presentation** - Meridian Community Centre, Gary Accursi Rm. B, 100 Meridian Way, Fonthill, Sat. May 25, 2024, 10:00am to noon

**2 On-Bike handing skills** – Parking lot, Bethany Church, 1040 Balfour Street, Fenwick, Sat. June 1, 2024 (rain date June 8<sup>th</sup>) 10:00am to noon

**Registration** – Contact Dave Hunt, Safe Cycling Instructor, Bike Niagara, 905-892-4773, jordave@cogeco.ca

**Focused** on adults (14 yrs. and older) who want to enhance their cycling skills and knowledge. Families welcomed, youths under 14 years accompanied by an adult.

Bonus: Take both courses and receive a 1-year membership in the Niagara Freewheelers Bicycle Touring Club (for new members, value: \$30)



Pelham Seniors Advisor Committee

