

# FREE



## **Bike Ed Courses**

### **PRACTICAL & INFORMATION SESSION (Age 18+)**

*Want to learn how to ride a bike or brush up on your bike handling skills? Come and join our FREE bike ed courses combining practical and information sessions for both new and return riders!*

*@Knox City Council*

*9.30 am – 3.30 pm Saturday 20 May 2023*

*Click the link for booking: [Cycling - Information Session - Sticky Tickets](#)*

### **MAINTENANCE COURSES (Age 10-110)**

*Want to know how to keep your bike shifting smoothly and race-ready every time you ride? Come and join our FREE beginner-friendly bicycle maintenance courses!*

*Note: Participants under 16 must be accompanied by a parent or guardian.*

*@Knox Skateboard & BMX pavilion*

- Wednesday 3 May 4 pm - 6.30 pm*

*Click the link for booking: [Bike Maintenance Course - Sticky Tickets](#)*

- Wednesday 10 May 6.30 pm - 9 pm*

*Booking: [Bike Maintenance Course - Sticky Tickets](#)*

- Wednesday 17 May 4 pm - 6.30 pm (mountain bikes)*

*Booking: [Bike Maintenance Course \(specific to mountain bikes\) - Sticky Tickets](#)*

### **BIKE ED INSTRUCTOR TRAINING (Age 18+)**

- Flexible time but **Limited Positions***
- Zoom or face to face*
- Call 9298 8000 for **booking***

**Bookings essential!! Please bring your bike and helmet with you!**