

**Wildside Activity Centre and
Cycling UK Community Cycling Hub
present**

Cycle maintenance & Road cycling awareness

Tuesday 5th February (6-8pm) - maintenance

Saturday 16th February (10.30am -12.30pm) - road safety

Tuesday 19th February (6- 8pm) - maintenance

£7 per person per session, £18 if you pay all three in advance

During the two sessions of basic bike maintenance with our experienced instructor you will be shown how to:

- Remove front and rear wheel to mend a puncture
- Adjust brakes and in some cases change brake blocks
- Learn how gears work and to adjust them to run smoothly
 - Clean a bike
 - Tools to carry
 - Emergency repairs

During the on road cycling session you will learn road positioning to ensure a safe and confident road journey.

Booking essential. Sessions will be held at;

**Wildside Activity Centre, Hordern Road, Whitmore
Reans, Wolverhampton WV6 0HA**

01902 572240 info@wildsideac.co.uk

