

# Riding by the bay...or just riding around?

*Have fun, learn skills, make friends. The 8 week 'Ride the Bay' program has it all !*



***Ride The Bay*** is an 8 week cycling program aimed at the beginner and novice rider. If you have a riding challenge in mind or want to gain confidence on your bike this program is for you!

#### **The program is about:**

- Improving your bike handling.
- Gaining fitness and getting motivated.
- Gaining confidence in different situations and conditions.
- Having fun while learning new skills.
- Developing bunch riding skills.
- Learning quickly and safely.
- Understanding your bike and how to care for it.

#### **Dates:**

Saturday mornings - 8 weeks, commencing 13 August 2011.

#### **Locations:**

Places vary depending on session.

#### **Price:**

\$395 (8 sessions, 2-4 hrs each)

#### **Contact:**

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