

# CycleWise

Free\* bike training  
for adults in Darebin



- ❖ Have you recently bought a new bike, but feel the need to brush up your skills?
- ❖ Do you cycle on bike paths on the weekends, but don't feel confident to ride on the road?
- ❖ Is the cost of running a car and inconvenience of public transport making you want to hop back on the bike and ride to work?
- ❖ Do you live, work or study in the City of Darebin?



*CycleWise is an interactive and fun half-day course for adults, to promote safe and confident bicycling around the city.*

The 5 hour course mixes theory and practical components including topics such as bike set-up and safety checks, road rules for cyclists, basic bike skills and confidence riding in traffic, where to ride and more.

- Small groups, supportive environment
- Run at Jika Jika Community Centre, Northcote
- Courses June, August, Sept, Oct, Nov 2010 and February 2011.



- Limited places so book now!
- Call or email Max at Jika Jika Community Centre  
Tel: 9482 5100 e-mail: [office@jikajika.org.au](mailto:office@jikajika.org.au)

\* Free for concession card holders, refundable booking fee applies / \$30 full fee.

