

Course Code:
063

Dates:
25/02/2014

Day:
Tuesday

Times:
19:00 to 21:00

Venue:
Fulford School,
Heslington Lane,
York, YO10 4FY

Duration:
2 hours

Tutor:
Billy Geraghty

Costs:
£10

Dates to Note:
None

Brief Description:
Keep safe on the road with this practical introduction to basic cycle maintenance.



Controlling Centre:
Fulford
Tel: 01904 611505
Fulford.adulted@york.gov.uk

Bike Safety - Essential Checks & Repairs

book online at www.yortime.org.uk

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Course Details:

Excited about the Tour de France? Make sure your bike is as pumped up as you!

Enrol on one of our bike maintenance courses to prepare your bike for a great summer of cycling

This course will teach you the basic bike maintenance which will enable you to keep your bike safe and roadworthy. You will learn how to mend a puncture, fix a chain, what to oil and when, how to check and keep your brakes working properly, how to change your tyres, etc... You will also learn what are the essential tools to carry with you and be given handouts to take home and refer to. The tutor will also be able to answer any questions you may have regarding your type of cycle and its care and maintenance.

What will you need to bring/Additional Cost?

Pen and notepad and folder or wallet for handouts

Who should attend:

This course is for anyone who owns a bike who would like to know how to carry out basic essential maintenance and repairs. No previous experience necessary.

How will I Learn?

Through tutor demonstrations on a demonstration cycle, you will learn how to do essential maintenance to keep yourself and your bike safe on the road.

For more information contact us on **01904 552806**
or email us at **adult.education@york.gov.uk**
or visit us at **www.yortime.org.uk** and book online