

New to Cycling?

Learn all Those Skills to Cycle like a Pro

Learn These Essential Skills & More

1. How to Set your Bike up
2. Efficient Cycling Technique
3. Cornering
4. Hill climbing
5. Group Cycling Skills

2 HOUR COURSES DESIGNED TO HAVE YOU CYCLING CONFIDENTLY & COMPETENTLY

The courses take place in and around Perry Lakes, providing a safe environment for you to learn & practice your new cycling skills

COST \$50 per course or \$90 for both Level 1 and Level 2

Program Outline:

Level 1

This beginner course covers all the basics to get you cycling with confidence;

- Bike set up
- Gear selection & pedalling technique
- Bike handling and signalling
- Cornering

Level 2

An intermediate course aimed at improving your cycling skills covering;

- Hill climbing techniques
- Advanced bike handling skills
- Group cycling
- General bike maintenance

For more information about our next session, contact:

Emma (0438 937 804)

or Rob (0419 107 932)

contact@stadiumtriclub.com

www.stadiumtriclub.com

