

CYCLING SKILLS FOR LIFE!



Do you think you already know all there is to know about cycling safely on our streets?

We think you would be surprised to learn some tips that could significantly increase your safety.

Of the 160 adults who took a course last year ALL said that they would recommend the course to others.

Now you have the opportunity to take a course to improve your cycling skills and feel more confident on the road.

Take the

Urban Cycling Skills, Saturday September 14 from 9 to 2.00pm \$40

or

CanBike 1 course, Wednesday September 11, 9 to 5.00 \$60

The fee includes a one year membership in the CV Cycling Coalition and supports the Bike Safe Rodeos that the Cycling Coalition are offering in all the local elementary schools.

To register contact Courtenay Rec at 250-338-5371 or at www.courtenay.ca

or email cvcycleskills@gmail.com for more information.