



## Bike to Work Skills Course

**FREE** one-day (7.5 hrs) **Bike Skills** course will teach you to ride safely and confidently.

- Takes you through all the most common traffic situations that cyclists face.
- Provides you with the tips you need to make cycle commuting a fun and regular part of your life.
- Combines classroom with and on the road training, so that you get a chance to practice the skills you're learning.
- Designed for participants age 18 and older who are able to ride a bike.
- Our nationally certified instructors are ready to get you on the road!!

**Course dates for Summer/Fall 2009: Pre-registration is required**

- **Sunday August 16**
- **Saturday August 29**
- **Saturday September 12**
- **Sunday September 13**
- **Sunday September 20**
- **Saturday October 3**



### Comments:

*- It's (the course) made a huge difference to me. I can ride in traffic and feel that I know what I'm supposed to do"*

*- "am definitely more confident. Understand better where I should be positioned in a lane for visibility. Understand what I need to look out for and how to communicate better with drivers."*

*- "I really credit the bike skills class with teaching me the rules of the road with respect to cyclists and drivers. I love riding my bike and hardly ever feel unsafe in traffic. "*

Visit [www.biketowork.ca/victoria/workshops/skills](http://www.biketowork.ca/victoria/workshops/skills) for course descriptions, dates and on-line registration. Other inquiries please contact Marsha: 250-920-5775 or [marsha@biketowork.ca](mailto:marsha@biketowork.ca)

### Employer-Sponsored Courses:

We can deliver this course to employees at your workplace. Contact Bike to Work Victoria for more information.



Above: On the road  
Right : In class

Course put on by Bike to Work Victoria

Sponsored by:

