



Basic Maintenance Course

Week One

1. Introduction to the course and instructor
2. Basic bicycle maintenance health and safety
3. Tools and equipment
4. Pre-ride safety checks

Week Two

1. Recap of previous week
2. Adjusting & balancing brakes
3. Lubricating brakes
4. Tricks of the trade
5. Q/A session

Week Three

1. Recap of previous week
2. Adjusting & indexing gears
3. Lubricating drive
4. Tricks of the trade
5. Q/A session

1. Week Four

1. Recap of previous week
2. Wheel bearings
3. Bottom brackets
4. Headset
5. Q/A session

Week Five

1. Recap of previous session
2. wheels
3. spokes
4. Puncture repair
5. Q/A session

The course is 5 weeks in duration with each session 2 hours long.

We will tailor the session to the ability of the group.

Maximum group size will be 6 people

Children must be accompanied by and adult