



CITY CYCLING COURSE

Do you want to ride your bike more often but just don't feel safe?

Do you want to teach your kids how to cycle safely?

Would you like to start commuting but are uncomfortable on busier streets?

Are you already commuting, but want to learn the cycling skills that will allow you to ride safely in heavier traffic?

City cycling for Beginners

Do you want to ride your bike more often but just don't feel safe? Do you want to teach your kids how to cycle safely? Can-Bike certified instructors from Bike to the Future will help you build both the knowledge and confidence to start riding on the streets and trails in Winnipeg. The course is endorsed by the Manitoba Cycling Association and each participant will receive a copy of the 2011 Winnipeg Cycling Map.

Fee: \$43.00

Fort Rouge Leisure Centre 625 Osborne St.

Sat Sept 17 Noon - 4:00 PM

To register call 311 or see page 78 of the Leisure Guide code 401595

City Cycling for Commuters

NEW! Would you like to start commuting but are uncomfortable on busier streets? Are you already commuting, but want to learn the cycling skills that will allow you to ride safely in heavier traffic? Certified Can-Bike instructors from Bike to the Future will help you build the skills and knowledge to ride confidently in traffic. The course is endorsed by the Manitoba Cycling Association and each participant will receive a copy of the 2011 Winnipeg Cycling Map.

Fee: \$43.00

Sport for Life Centre 145 Pacific Ave

Sat Sept 24 Noon - 4:00 PM

To Register call 311 or see page 78 of the Leisure Guide code 401594