



NSW
bike week
Proudly supported by NSW Government



Saturday 21 September 2019

Fun, free events for the family



Free Workshops - Kids Bike Skills & Bike Maintenance for Adults

Saturday 21 September 2019

Kids Bike Skills Workshops

Can your child ride unassisted and would like to improve their bike skills and confidence?

Are they between 5 - 13 years old?

Book them in for a fun workshop to improve their practical riding skills with qualified cycling trainers.

- **10am - 12 noon**
- Junior workshop (5 - 9 years)
- Older kids workshop (10 - 13 years)

- **Location:** Lapstone Netball Courts, Explorers Rd, Lapstone.
- **Bookings are essential for both workshops as numbers are limited.**
- **Wet Weather** – if raining, workshops will be held on Saturday 28 September, 2019.

Adults Bike Maintenance Workshop

- Learn basic bicycle maintenance with this hands on workshop
- **1pm - 3pm**
- Open to 14 years and over

Further information or to book – Please call Council's Road Safety Officer on 4780 5000.

What you need to know

- All workshops – bring your bike, helmet and wear closed shoes.
- Kids must be accompanied by a parent or carer.
- No training wheels. Kids need to be able to ride unassisted.
- Free show bag for workshop participants.



For more information visit transportnsw.info/bikeweek