

# BIKE MAINTENANCE CLASSES



**Gain confidence to check your own bike**

Our friendly introductory courses are at Riverside Ice:

Level 1 beginner\*

**Saturday 2<sup>nd</sup> Nov**

9.30am – 12.30pm

**Tuesday 12<sup>th</sup> Nov**

6pm – 9pm

**Saturday 16<sup>th</sup> Nov**

9.30am – 12.30pm



Level 2 basic plus\*

Telephone: **07717 724089**

**Monday 18<sup>th</sup> Nov**

Email:

6pm – 9pm

**[richard.monk@ctc.org.uk](mailto:richard.monk@ctc.org.uk)**

**[www.ctc.org.uk/essex](http://www.ctc.org.uk/essex)**



\* See overleaf for the outline

# **BIKE MAINTENANCE COURSES FOR YOU**

**Our friendly introductory courses give you:**

- Tips to care for your bike
- Simple adjustments
- Fixing a puncture

**And Level 2 basic plus covers:**

- Brakes
- Gear adjustments
- Cable replacement

**At Riverside Ice & Leisure, Victoria Road, Chelmsford**

**All welcome.**

**You are encouraged to bring your own bike.**

*\*Please note that we are not able to undertake maintenance on the night beyond the course programme.*

## **Prices**

Thanks to Essex County Council funding we've been able to keep the charges down to:

**Level 1 Beginner      £15 for the 3 hour session**

**Level 2 Basic          £25 for the 3 hour session**

*To book, contact Richard Monk, (see overleaf). Concessions are available. Please ask if payment would cause difficulty.*

***Discover the freedom a little knowledge gives***