

## BIKE SKILLS WORKSHOPS

Bike skills Workshops are designed to introduce kids to essential bicycle and safety rules to help them develop the confidence they need to safely navigate their urban environment.

Featuring a skill-based obstacle course, Bike Skills Workshops are focused on teaching kids proper bike handling skills, in a safe, fun and engaging environment. Children – and their parents – learn important lessons to more safely and responsibly ride their bikes in an urban environment.

## FUN & INTERACTIVE

Often paired with community events such as health fairs, we bring bicycles, helmets and all our safety equipment to your event. Bike Skills Workshops are intended to be a quick, fun, and interactive way for kids to learn basic bicycle safety skills.

- Helmet Checks
- Starting and Stopping techniques
- Hazard Avoidance
- Yielding

## THE PERFECT PARTNER

Because Bike Skills Workshops are smaller than Walk 'n Roll Festivals,

they are the perfect compliment to community festivals and activities, serving as one "passport stop". We have delivered workshops throughout L.A. County at health fairs, National Night Out events, open streets events and more. Contact us to see how we can bring a workshop to your community!



For more information on how to bring a Kids Bike Skills Workshop to your school or community, contact us today www.WalkMoreBikeMore.org • 310-204-4346



