

2017 SMART CYCLING CLASSES



The **Smart Cycling Program** is a great opportunity to learn how to ride your bike safely! The program is offered in 2 sessions. A 3 hr Classroom Session orients you to best cycling practices, followed by a ~6 hr Road Session where you put what you learned in the classroom to practice. The curriculum is certified by the League of American Bicyclists (LAB) and taught across the USA. Your instructors have been certified by the LAB to teach Smart Cycling.

The **Smart Cycling Classroom Session I** covers bicycling and the law, crashes and how to avoid them, as well as how to drive your bike safely in a variety of road, traffic, and weather conditions day or night. Your instructors have extensive commuting, touring, group and club riding experience. This session is a pre-requisite for the Smart Cycling Road Session II.



The **Smart Cycling Road Session II** is for students who have completed the Classroom Session I. It includes (1) parking lot drills where you will increase your bike handling skills and learn some emergency maneuvers to avoid motor vehicle collisions and (2) riding on a variety of local streets and bike paths while practicing proper lane positioning and performing safe and legal turning maneuvers.

Go to <https://sdbikecoalition.org/smart-cycling/> to register

Oceanside Classroom [Fri Jan 13: 6-9pm](#) *Road* [Sat Jan 21: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Feb 7: 6-9pm](#) *Road* [Sat Feb 11: 9am-3pm](#)

Oceanside Classroom [Mon Mar 6: 6-9pm](#) *Road* [Sat Mar 11: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Apr 4: 6-9pm](#) *Road* [Sat Apr 8: 9am-3pm](#)

Oceanside Classroom [Fri May 5: 6-9pm](#) *Road* [Sat May 13: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Jun 6: 6-9pm](#) *Road* [Sat Jun 10: 9am-3pm](#)

Oceanside Classroom [Mon Jul 10: 6-9pm](#) *Road* [Sat Jul 15: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Aug 1: 6-9pm](#) *Road* [Sat Aug 5: 9am-3pm](#)

Oceanside Classroom [Fri Sep 8: 6-9pm](#) *Road* [Sat Sep 16: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Oct 3: 6-9pm](#) *Road* [Sat Oct 7: 9am-3pm](#)

Oceanside Classroom [Mon Nov 13: 6-9pm](#) *Road* [Sat Nov 18: 9am-3:30pm](#)

Mira Mesa Classroom [Tue Dec 5: 6-9pm](#) *Road* [Sat Dec 9: 9am-3pm](#)

