

# FREE Bicycle Traffic Skills Course 2015

## COURSE WILL COVER:

- Proper Bike & Helmet Fit
- Safety Tips for Riding in Traffic
- Techniques for Navigating Road Hazards
- Emergency Maneuvers
- Using Public Transit as a Cyclist
- Your Legal Rights & Responsibilities

## HANDS-ON INSTRUCTION IN:

- Flat Tire Repair Secrets
- Quick Fixes
- Adjustments
- Minor Repairs

## LOCATION

All classes take place at the Community Rooms  
(adjacent to the library)

300 North Coast Highway, Oceanside, CA 92054



Led by League of American Bicyclists  
Certified Instructors



TO REGISTER PLEASE VISIT:

[www.oceansiderec.com](http://www.oceansiderec.com)

click on [RecWare/Class Registration](#)  
type in [Activity "Bicycle"](#)

ADDITIONAL OPTION TO REGISTER AT

[www.sdcbc.org](http://www.sdcbc.org)

## CLASS IS A PREREQUISITE TO ROAD PORTION

CLASS (6pm - 9pm)

ROAD (Saturdays)

Friday, January 9

January 17 . . . . . 9am - 3:30pm

Friday, February 20

February 28 . . . 9am - 3:30pm

Friday, March 20

March 28 . . . . . 9am - 3:30pm

Monday, April 20

April 25 . . . . . 8am - 2:30pm

Friday, May 8

May 16 . . . . . 8am - 2:30pm

Friday, June 19

June 27 . . . . . 8am - 2:30pm

Friday, July 17

July 25 . . . . . 8am - 2:30pm

Friday, August 14

August 22 . . . . . 8am - 2:30pm

Friday, September 18

September 26 . . . 8am - 2:30pm

Friday, October 16

October 24 . . . . . 8am - 2:30pm

Friday, November 13

November 21 . . . 8am - 2:30pm

Lunch provided for road classes

1/2 watt rear lights provided for graduates

Parks and Recreation

Call us! (760) 435-5041 Fax us! (760) 435-9628

Visit us on the web! [www.oceansiderec.com](http://www.oceansiderec.com)

 Like us on Facebook! [www.facebook.com/oceansiderec](http://www.facebook.com/oceansiderec)



Parks  
Make  
Life  
Better!



Join BikeWalk Oceanside ... Make a Difference

[www.bikewalkoceanside.org](http://www.bikewalkoceanside.org)