



## Free Adult Bike Safety Classes

Intimidated by traffic? Unsure of the rules for bikes?

**The City of Oceanside provides free adult bike safety classes monthly.**

The classes include classroom instruction and practice rides on the road. The classes are tailored for both the beginner and advanced rider and are taught by League of American Bicyclist Certified Instructors. You can sign up free through [Oceanside Parks and Recreation](#). Click link and search "bicycle."

The course covers proper bike and helmet fit, safety tips for riding in traffic, navigating road hazards, rules of the roads for bikes and flat fix. Classroom sessions are held in the Library Community Rooms at City Hall.

*City of Oceanside, Neighborhood Services Department*

### FREE Bicycle Traffic Skills Course 2016

#### 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



#### PRE-REGISTRATION IS REQUIRED

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)

Friday, January 8  
Friday, February 12  
Friday, March 11  
Friday, April 8  
Friday, May 13  
Friday, June 10  
Friday, July 8  
Friday, August 12  
Friday, September 9  
Friday, October 14  
Monday, November 14

##### ROAD (Saturdays)

January 16 . . . . . 9am - 3:30pm  
February 20 . . . . . 9am - 3:30pm  
March 19 . . . . . 9am - 3:30pm  
April 16 . . . . . 8am - 2:30pm  
May 21 . . . . . 8am - 2:30pm  
June 18 . . . . . 8am - 2:30pm  
July 16 . . . . . 8am - 2:30pm  
August 20 . . . . . 8am - 2:30pm  
September 17 . . . . . 8am - 2:30pm  
October 22 . . . . . 8am - 2:30pm  
November 19 . . . . . 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](https://www.facebook.com/oceansiderec)



Join BikeWalk Oceanside ... Make a Difference

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