

Like to Bike ?

Like to Bike ?
Wanna do it more?
But don't think it's safe?
Wanna get fit while getting somewhere?
Think that you need to improve your cycling skills?
Come to a 'Like to Bike ' session to learn safe cycling strategies.

The misperception that cycling with traffic is unsafe has led *cyclists* to engage in unsafe practices which can lead to accidents.

Is this preventing you from getting fit while getting somewhere ?

The Like to Bike education session for adults will review traffic cycling skills to help you gain the competence and confidence needed to get you active on your bike again.

Rekindle your passion for cycling.

Attend one of the following sessions taught by a Can Bike instructor:

St. Catharines – Monday, April 4, 7 – 9 pm
Russell Ave. Community Centre
108 Russell Ave., St. Catharines

Niagara Falls – Tuesday, April 12, 7 – 9 pm
Niagara Falls Public Library, La Marsh Room
4848 Victoria Ave., Niagara Falls

Fort Erie –Wednesday, April 20, 7 – 9 pm
YMCA – Rotunda
1555 Garrison Rd., Fort Erie

Welland –Thursday, April 28, 7 to 9 pm
Rose City Senior's Activity Centre
145 Lincoln Street, Welland

Register to reserve your spot in one of the like to Bike sessions call 905-688-8248 ext 7344. Cost \$10.00 for print materials.

Note: no bikes necessary – but you'll be confident in how to use it after the session.