



## Bicycle Colorado Education Programs

Bicycle Colorado believes that everyone should have the opportunity to become safe and confident bicyclists and enjoy the many benefits of riding a bike. We can provide resources, knowledge and skills for all ages and levels of riders through the education programs below.

### Learn to ride lessons

Our learn-to-ride lessons will get kids and adults pedaling in a fun, safe and supportive environment. We use an effective gliding technique that has most students pedaling within the two hour class! Bikes and helmets provided.



### Confident commuting workshops

Feel safer and more confident when you ride to work or around your local streets. The workshops cover bike selection, clothing and gear, safety tips, laws/rules of the road, bike infrastructure, route-finding and basic maintenance.

### Bicycle rodeos

A bicycle rodeo gives children a safe space to practice bicycle maneuvering and safety skills that they will need while navigating their neighborhoods. Bicycle Colorado will set up and facilitate an outdoor rodeo with obstacles including a stop box, "rock" dodge, ride the line, cone weaving and a snail race. Bikes and helmets provided.



### Youth bicycle safety presentations

Presentations cover the benefits of using active transportation, rules of the road, signs and signals, how to check yourself before a ride and how to perform a bike safety check. Students also have opportunities to share their knowledge and experiences and engage with each other and the educators.

