

Wider Family Learning: Get Your Bike Ready for Summer

Course overview

Summer is the time when many of us are out and about on our bicycles. It is the ideal time for parents and children to get out together. One of the ways to do that safely is to have a well maintained, safe, bike to use. This course covers the essentials of bike maintenance and enables parents and children to keep their bicycles in good working order.

What will I study?

You will:

- Discuss frame materials and how to care for them
- Be able to do a basic bike safety check
- Learn how to repair punctures
- Be able to make simple adjustments & repairs

Assessment method

You will participate in discussions and Q&A and receive support from the tutor throughout.

Entry requirements

This course is open to all.

What should I bring with me?

Please bring your child's bike with you.

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course may take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other Family Learning, Wellbeing or CPD courses or be signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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