

Please bring your bike and a cleaning rag. There is a \$5.00 fee for each class, a total of \$10.00 for both. It is strongly suggested that both classes be taken in the order they are offered but you may take either as you wish. If you miss one class try to take a “make up” class the next time round or repeat both, as you wish.

## Class agenda

Tuesday – Class 1 - bicycle maintenance/repair

### Introductions

Bicycle anatomy overview  
how parts work together  
Focus on drive train and headset

Routine Maintenance  
clean and inspect bike  
you and your bike: how to work around your ride  
diagnosis of squeaks and creaks

How to change a tire - class will be divided into groups of people who need to learn how to change a tire and those who know how to change a tire

Wednesday – Class 2 - bicycle maintenance and repair

### Tools handout

Routine Maintenance  
Wipe down bike  
keeping drive train clean/greased  
check bolts and other moving parts

Adjusting brakes/dérailleurs  
Discuss cables, limit screws, tension systems  
Changing cassette/chain  
When and why