



WHO: Premier Members and their kids.

WHAT: *Family Beginner Mountain Bike Clinic & Rides
Kids Bicycle Rodeo, Skills Building Fun*

WHERE: Premier Health & Fitness Center

WHY: Bicycle safety and skills education as well as exercising outdoors with your friends and family.

Bring your bike & helmet to the *Family Beginner Rides*

- **HELMETS REQUIRED**
- Bikes required having working gears and brakes.
- *Free bicycle safety inspection provided.*
- Limited number of loaner Mountain Bikes Available – email Ken Foster at 4kenfoster@gmail.com

Family Beginner Mountain Bike Clinic Rides (Limited to 15 riders)

Tuesday April 12 th	6:30 p.m. – 8:00 p.m.
Saturday April 23 rd	1:00 p.m. – 2:30 p.m.
Tuesday April 26 th	6:30 p.m. – 8:00 p.m.
Saturday April 30 th	Noon – 1:30 p.m.

Held in the grass on the south side of our facility with a 30 minute class then a 1 hour ride. Members under 15 must have a parent ride with them.

Kids Bicycle Rodeo, Skills Building Fun (no limit)

Saturday April 23 rd	11:00 a.m. – 12:30 p.m.
Saturday April 30 th	2:00 p.m. - 3:30 p.m.

Intended for ages up to 12, teaches basic riding safety skills & helmet fit. Held in the grass on the south side of our facility

Space is limited so sign up at the Front Desk TODAY!