

Urban Riding & Bike Repair with Bike Works

Instructor: Ms. Sullivan / Mrs. Burt

Eligibility: Grades 7-12; Students must have their own bicycles and helmets that they can leave at Bike Works for the week, and be able to drop off their bikes the Sunday before Focus Week at the Bike Works shop (as well as pick up the bicycles the following weekend).

Capacity: 20

Dates: May 21-25, 2012

Hours: 8:45am-3:45pm Monday-Friday

Location: Bike Works (3709 S. Ferdinand Street, Seattle)

Price: \$400

What you can expect: Students will take part in a weeklong bicycle riding and repair class at Bike Works, in Seattle's Columbia City neighborhood. The classes will cover basic riding skills and basic bike maintenance skills. Classes will be split into two sessions each day, with 10 students in the classroom and 10 students on bikes, which are swapped for the second session. Students will learn different skills and take part in different activities each day of the week, culminating in a full group day of bicycle polo on Friday. Riding classes cover: Rodeo Skills & Drills, Urban Neighborhood rides, Group riding dynamics, Map skills & Route planning, and Bicycle Polo. Mechanic classes cover: Basic maintenance and Tools, Tires & Tubes, Overhauls (hubs), Brakes and Gears.

Times, locations, and transportation: After students meet at ICS for a quick breakfast snack, we will take Metro to Bike Works in Seattle. All activities will be at Bike Works or in the near vicinity.

Itinerary:

8:45 am	Meet at ICS / Breakfast Snack
9:10am -10:20am	Metro to Columbia City area of Seattle
10:30am - 12:00pm	Session One
12:00pm - 1:00pm	Lunch
1:00pm - 2:30pm	Session Two
2:30pm - 3:45pm	Metro back to ICS