



Bringing up Bicyclists

Learn how to teach your children to become safe and responsible bicyclists.



The Palo Alto Recreation Department, with co-sponsorship by the PTA Council, is offering classes that will help parents teach their children (up to age 10) how to be responsible, legal and predictable bicyclists. The courses cover:

- ⊗ the differences between children and adults when cycling
- ⊗ the basic requirements for parents to help their children ride safely
- ⊗ the mistakes children make when bicycling
- ⊗ the basic skills that need to be taught
- ⊗ how to evaluate a child's skills and encourage proper development

The presentations will also cover helmet selection and fit, bicycle selection and fit, and will include viewing of the video "A Kid's Eye View". The classes are for parents, not for children.

The courses are given at the Cubberley Community Center on the following dates:

Wednesday	Feb 15	7:00 -8:30 PM	Class 47467
Thursday	Mar 9	7:00 -8:30 PM	Class 47468



The classes are taught by Richard Swent, a League of American Bicyclists Certified Instructor and co-chair of the Palo Alto PTA Council Traffic Safety Committee. He is a parent of two teenagers, and has been bicycling for fun and transportation in Palo Alto for 30 years.



To enroll, see classes 47467-47468 in the *Adults and Seniors* section of the ENJOY catalog or go to:
<http://enjoyonline.cityofpaloalto.org>

Select *Activities*, then enter the class number or search on the word *bicyclist*

For more information, call Richard Swent at 493-7979 or email bikeclass@swent.net



Palo Alto PTA Council