



Skills, Confidence, Safety



Get Active, Save Money – Learn To Ride a Bike for FREE

Want to be more active?

Don't have the money for gym memberships or fitness class fees?

Well how about learning basic bike skills from qualified cycling Teachers to give you the confidence to ride more?

Learn about:

- Conducting a basic bike check
- Correct riding positions
- Mounting and dismounting
- Braking, balancing and cornering
- Changing gears
- Riding on hills
- Stopping and turning

AustCycle, Australia's only national cycling training program, are pleased to offer you FREE cycling training in your local community as part of the Australian Government's Healthy Communities Initiative. Adults of any skill level can apply from absolute beginners to those already with some bike skills.

All you have to do is register your interest and we will contact you with details of where and when you will be trained.

It's so easy...and it's all for FREE!! So don't delay, register today!

This program was funded by the Australian Government.

Your nearest AustCycle Training Provider is:

For more information visit www.austcycle.com.au