

## Bicycle Safety and Riding Skills

### Course Description:

A bicycle safety and riding skills class will be offered to **students entering 6th, 7th, 8th & 9th grades**. Students will learn about their bikes, where to ride them, and how to navigate safely around the Junior High area and parts of Stillwater (Couch Park and Boomer Lake).

The class will include:

- How to control your bike - start, stop, turn, and shift.
- How to make sure the bike and riding helmet are adjusted properly.
- Know where it is safe to ride; route planning.
- Begin to develop riding and strength skills on a bicycle.

### Cost:

The cost of this program will be **\$25 per student**.

### Bicycle Safety and Riding Skills

To enroll a student in the Bicycle Safety and Riding Skills class, please complete the enrollment form and return it to **your school office** by May 17th. Parents will be contacted with payment information as soon as the class reaches the required enrollment quota. **PLEASE NOTE:** Class size is limited, so enroll early!

- Stillwater Junior High School
- June 3rd - 6th, M, T, W, Th, 9:00 - 11:00 am.

**Please return the enrollment form to your school office by May 17th.**

Student's Name: \_\_\_\_\_

Grade 2019-20: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Does the participant have a bike? Y/N      Does the participant have a helmet? Y/N

Address (include zip code): \_\_\_\_\_

Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**\*Office Use Only\***

Date received: \_\_\_\_\_ Time received: \_\_\_\_\_

**\*Please forward enrollment forms to Trent J. Swanson at Lincoln Academy\***