

Do you want the **confidence** to ride in traffic?

Would you like to **learn techniques**
to teach your child to ride a bicycle safely?

Are you **interested** in improving your own confidence
and knowledge riding and maintaining your bike?



If you said 'yes' to any of these questions, then you should enroll in a Bike&WalkMontclair Smart Cycling course. Knowledgeable, certified instructors make the entire process fun, safe and rewarding. Diamond Cycle will help you choose a bike if you don't have one, and assist you in adjusting your helmet. These courses are specifically designed for your age group and riding level.



Learn to Ride - Kids

This workshop teaches a safe, easy, effective way to learn to ride. Using the "balance first" method, instructors help get the children rolling while the child does most of the work.

Learn to Ride - Adults

This workshop uses the same techniques as the Kids program, but is geared specifically for adults.

Bike Rodeo Roundup

This workshop takes those who have demonstrated that they can ride their bikes and enhances their skill levels to be able to ride on streets and trails.

Road Rider Wake-up

Sharing the road safely with other vehicles and pedestrians is at the core of this workshop. Riders must demonstrate mastery of the skills taught in the Learn to Ride and Rodeo Roundup before being allowed to ride on the roads.

Safe Routes to School

Young students will learn and practice the skills to walk and bicycle safely to school. We will also identify and travel the safest routes to each of the Montclair schools. Adults and teachers will be provided with teaching materials and skills to train students.

Traffic Skills 101

This class is a full-day workshop, and is mostly hands-on with bike-riding activities, though it includes some classroom learning as well. It is designed for adults and mature teens who already know how to ride. It is ideal for new cyclists who want to master the basics, those returning to cycling from a long hiatus, and those who feel a little nervous while cycling in traffic.

Traffic Skills 101 is a League of American Bicyclists Road I class, and it fulfills the pre-requisite for entering the training and certification seminar to become a League Cycling Instructor.

Learn to Ride--Kids

Is your child at that age where he or she wants to ride a two-wheeler? Is your back sore from bending over to balance your child on a rolling bicycle? Has your child taken a tumble while using training wheels and gotten scared of biking? If so, this class is for you.

Course Content

This class teaches a safe, easy, effective way to learn to ride. Using this “balance first” method, our facilitators help get their children rolling while the child does most of the work. Participants learn the basics of balancing, starting, stopping, and steering a bike, as well as proper helmet fit and adjustment. Most people learn to ride their bike while taking the class, but even if they don’t, they will leave with an easy, hands-free, crash-free, and low-stress way to learn to ride. The class lasts 3.5 hrs. Refreshments will be provided.

Requirements: All cyclists must wear a helmet and have a bicycle that fits. If you need a bike, come early and Diamond Cycle will help you choose one to purchase. Bikes are also available for rental. The cyclist must be able to rest his or her feet flat on the ground while sitting on the bicycle seat. Diamond Cycle will insure that your bike is ready to ride with rock hard tires. The program works best for children ages 5 and up.

Learn to Ride--Adults

This is the same course as the Kids Learn to Ride, but has been tailored for adults. Please specify which course you are registering to attend.

Registration Information

Call (973) 280-9686 or go to www.bikewalkmontclair.org to find out the schedule and register. Cost is \$25 (check or cash in person. PayPal can process credit cards online). Please make checks payable to Bike&WalkMontclair (a 501-C3 non-profit organization)

