

Plainfield Division of Parks and Recreation & EZ Ride Bike Skills Classes

Learn to Ride class teaches people how to ride a bike with the “balance first” approach. Instructors will teach about how to balance/control bikes with pedals removed, how to pedal, and stop.

The Safe Bike Skills course teaches basic skills for people to safely ride their bikes.

Students will learn and practice drills with a fun and safe course!

Saturday May 21, 2022

Adult Learn to Ride: 9:00-10:15am

Safe Bike Skills Course (age 8+) 10:30-12 pm

Youth Learn to Ride: (Ages 5+) 12:30-1:45pm

City Hall Parking Lot, 515 Watchung Avenue, Plainfield, NJ

- All must wear a helmet and bring a bike with fully inflated tires
- Bright reflective clothes & sneakers are recommended for all
- Safe Bike Skills: Cyclists must be able to ride independently (no training wheels)
- Learn to Ride: Wear sneakers, helmet. **Remove/bring pedals, leave training wheels home.** Students must be able to place feet flat on ground while seated
- **Parent/guardians must request a space and bring a signed waiver.**
- At least one parent must attend with child.

Register via <https://register.communitypass.net/plainfield>

Learn to Ride Will Learn:

Proper Helmet Fitting

Balance First Approach

When ready, pedaling

Starting, Stopping



Safe Bike Skills Will Learn:

Proper Helmet Fitting

Pre-Ride Safety Check

Starting, Stopping, Scanning, Signals,

Turning

Bike Handling & Safe Riding Tips

Instruction by EZ Ride's Bike Safety Team

For info, contact

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NEW JERSEY
Safe Routes to School