

# About Your Coach



**John Ciccarelli**  
**Nationally Certified Instructor**  
League of American Bicyclists LCI #453

**15 years experience**  
teaching adults and children


**Over 150 first-time bicyclists**  
(adults and teens) taught

**Author of the Street Skills**  
slideshow used in bicycle driver  
education classes nationwide

*"John is everything a teacher should be:  
patient, encouraging, fun, and passionate  
about what he does."*

~ Angela P., Learn-To-Bicycle student

## Reviews on TeachStreet.com and Yelp.com

"Our experience in beginner lessons for my eleven year old daughter was excellent! ...in less than thirty minutes she was up and cycling...! [John] has an amazing skill of inspiring confidence in his students and the smile on her face said it all." 

~ Kimberley G., Mother of Learn To Bicycle At Any Age student, 11

"John's coaching really helped. He is patient, observant and tells you how to correct yourself.... His pointers are very helpful and save you a lot of time from having to figure it out yourself."

~ Jay R., 30, Learn To Bicycle At Any Age 

"...I wanted to be able to commute... confidently.... John is an excellent teacher and a really great bicyclist making it look so easy which gave me a more positive outlook.... I was very nervous but John's pleasant nature, professionalism, and good energy put me in a good frame to learn and it was fun.... it was the best investment I could have made. I'm now enjoying bicycling around the city and I'm safe instead of scared."

~ Monica F., 49, Bicycle Handling Skills Clinic 

"I especially liked [John's] patience, detailed program, willingness to work with [me], and observations on what [was] causing difficulties."

~ Robert L., 53, Learn To Bicycle At Any Age 

"As odd as it may sound... I never learned how to ride a bike as a child. I've tried learning on my own several times during the past few years but to no avail.... After so many failed attempts, I really had my doubts.... Through the two hour lesson, John was patient, encouraging, and offered constructive comments to help me improve."

~ Noor A., 28, Learn To Bicycle At Any Age 

"I'm in my late 50s, and the last time I rode a bike regularly was 30 years ago, so I was just plain nervous.... In less than two hours, [John] made me much more comfortable..., teaching me skills that I could grasp immediately and... drills to practice on my own. When I ride now, I can hear his voice advising me.... I recommend his clinic HIGHLY."

~ Dianne B., 58, Bicycle Handling Skills Clinic 

Read more reviews at:  
[www.TeachStreet.com/teacher/john-ciccarelli](http://www.TeachStreet.com/teacher/john-ciccarelli)



## Expert Coaching for Confident Cycling

## Proven method Patient coach Individual and small-group lessons

- Learn to Bicycle at Any Age
- Bicycle Handling Skills Clinic
- Ride-Along Coaching
- Traffic Skills 101 group class
- ...Custom lessons available



**Bicycle Solutions**  
[www.BicycleSolutions.com](http://www.BicycleSolutions.com)  
[lessons@bicyclesolutions.com](mailto:lessons@bicyclesolutions.com)  
(415) 912-6999

## Where could your bicycle take you today?

**Learn how to ride safely  
and confidently...  
wherever you want to go**



**Step-by-step instruction,  
clear explanations, and  
instructor demonstrations  
build confidence and  
success... at your pace**

**Level 1: Bike-riding basics**

**Learn To Bicycle At Any Age**

*Balancing, stopping, steering and shifting*



**Level 2: Preparing for cycling with others**

**Bicycle Handling Skills Clinic**

*Key skills for riding on streets and paths*



**Level 3: Bicycle driving principles and on-street practice**

**Ride-Along Coaching**

*A "teaching ride" on a route of your choice*



**Traffic Skills 101 (group class)**

*The essential course for street confidence*



**Enroll if**

You've never balanced a bicycle, or you can't safely start, top or turn

You can start, stop, pedal and turn, but haven't learned these Level 2 skills:

You're comfortable with Level 2 skills, and you would prefer an individual or small-group on-street lesson

You're comfortable with Level 2 skills, and you'd enjoy a comprehensive group class (presentation, skills practice, and rides)

**What you'll learn**

- Pre-ride bicycle safety check
- Getting on and off safely
- Slowing and stopping with hand brakes
- Balancing and gliding
- Pedaling: "scooter-" and pedal-starts
- Turning and leaning comfortably
- How gears work and when to shift

- Review of Level 1 skills
- Stopping and starting precisely
- Shifting and turning on inclines
- Riding one-handed, hand-signaling
- Accessing water bottles
- Scanning over your shoulder
- Lane-change negotiation (scan & signal)

- Review of Level 1 and Level 2 skills
- Entering and leaving the street safely
- Practicing lane-change negotiation
- Positioning between intersections
- Sharing and controlling lanes and spaces
- Traversing simple & medium intersections
- Four safe ways to make left turns

- All "Ride-Along" items, plus:
- Bicyclists and the Law
- Crash types and deterrence; Visibility
- Handling intersections; Tripping signals
- Principles of riding through interchanges
- Emergency skills (off-street practice)
- Group ride; Small-group testing ride

**Time**

2-hour lessons  
Most students require 2 lessons

90 minute or 2-hour lessons  
Most students require 1 lesson

One lesson  
2-hour minimum

Day 1 (weeknight): 4 hours classroom  
Day 2 (weekend): 6 hours (2.5 lecture & exams, 1.5 off-street, 2 on-street)

**Place**

Off-street practice area with no traffic

Off-street practice area with no traffic

A local street route that you choose

Day 1 & 2: Classroom  
Day 2: Practice area and local streets

**Bike**

Bicycle provided  
Will arrange rental bicycle if extra tall

Bring a working bicycle, use ours, or rent one (at select locations)

Bring a working bicycle, use ours, or rent one (at select locations)

Day 1: No bicycle needed  
Day 2: Working bicycle required

**Required for all lessons & classes:** Bicycle helmet (buy new, not used), Closed-toe shoes (no sandals or heels), Long pants advised

**Fee**

\$60 / Hour (individual)  
\$50 / Hour / student (2 friends/relatives)

\$60 / Hour (individual)  
\$50 / Hour / student (2 students)  
\$40 / Hour / student (3-4 students)

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\$50 / Hour / student (2 students)  
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**Contact Instructor**

