

Learn To Ride Confidently At Any Age



**PRIVATE
LESSONS**

Expert Coaching for Confident Cycling



3 LEVELS OF LESSONS

- 1 Learn To Bicycle At Any Age**
Balancing, starting, stopping, turning, and shifting gears
- 2 Bicycle Handling Skills Clinic**
*Precise starting, stopping, and turning
Scanning, signaling, negotiating lane changes*
- 3 Ride-Along Coaching**
An on-street teaching ride on your own route

**GIFT
CERTIFICATES
AVAILABLE**



BICYCLE SOLUTIONS

Expert Coaching for Confident Cycling™
415-912-6999 mobile/text
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Expert Coaching for Confident Cycling

Frequently Asked Questions

Q: Am I too old to learn how to ride a bike?

A: If you can stand on one leg for 15 seconds you can almost certainly learn to balance and pedal. We've taught over 1,000 students, ages 4 to 70+.

Q: How long does it take to learn?

A: Learning rates vary; most students master all Level 1 skills in no more than 4 hours. Most adults are pedaling in one 2-hour lesson. For a first lesson, we recommend 2 hours for adults, 90-120 minutes for teens, and 60-75 minutes for younger kids.

Q: Where are lessons available?

A: We hold lessons in San Francisco, Oakland, San Mateo and Palo Alto, at schoolyards, parking lots and other locations.

Q: I'm a first-time rider. Do you provide a bike?

A: Yes, for adults. Let us know if you are under 5'-0" or over 5'-10". Kids need to bring their own bike. All students must bring their own helmets.

Q: Will my child's bike work for the lesson?

A: The seat must be able to be lowered enough to sit with both heels on the ground (no "tip-toes"). Removing a reflector may enable this. Inflate tires to the maximum pressure printed on the sidewall.

Q: What do lessons cost?

A: \$75/hour for 1-on-1 lessons, \$50/hour per student for groups of 2 or 3, charged by the quarter-hour. 1-hour minimum. We prefer cash or check or Venmo after the lesson; we also accept PayPal in advance.



Browse our calendar
and book a lesson on

FullSlate



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