

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**
Confidently and safely balance, start, stop, turn and shift gears
- 2 Bicycle Handling Skills Clinic**
*Polish your basic skills and add precision
Confidently scan, signal, and negotiate lane-changes*
- 3 Ride-Along Coaching**
A private "teaching ride" on your own route

**GIFT
CERTIFICATES
AVAILABLE**

170810



BICYCLE SOLUTIONS

415-912-6999 mobile/text
lessons@bicyclesolutions.com

 Yelp: "Bicycle Solutions", SF

 Book online: bicyclesolutions.fullslate.com

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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 1,500 students, ages 4 to 74.

Q: How long does it take to learn?

A: Learning rates vary, but most adults are pedaling in one 2-hour lesson and master all Level 1 skills in 1 or 2 lessons. For a first lesson we recommend 2 hours for adults and older teens, 90 minutes for young teens and pre-teens, and 60-75 minutes for younger kids.

Q: Where are lessons available?

A: We meet students in SF, Oakland, Alameda, San Mateo and Palo Alto, at schoolyards and parking lots that we've used successfully for years.

Q: Do you provide bikes for first-time riders?

A: Yes, for all ages -- but let us know if you are over 5'-10". If you have a bike, feel free to bring it too. All students must bring their own helmets.

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

A: Only if the seat can be set low enough that the student can sit with both heels flat (no "tip-toes"). Inflate tires to the pressure shown on the sidewall.

Q: Is this 1-on-1 or a group class? What is the fee?

A: Private (1-on-1) lessons are \$75/hour. For 2- or 3-student group lessons, \$60/hour per student. Time is charged by the quarter-hour with a 1-hour minimum. We prefer cash, Venmo or personal check after the lesson; we also accept PayPal in advance.



Browse our calendar
and book a lesson on

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★★★★★ Yelp: "Bicycle Solutions", SF