



SPROCKIDS

The Sprockids program was developed to provide the opportunity for young people to develop the skills, values and strategies that will lead them throughout their lives and successfully reach their full potential.....all through the sport of cycling.

The goals of the program are:

- Teaches four skill areas of cycling: safety and etiquette, riding (1st and 2nd Gear), and bicycle maintenance
- Allows participants to progress in all areas at their own pace
- Participants record progress in their personal " Passport"
- Trained Leaders instruct and evaluate
- Teaches life skills - goal setting, problem solving, decision making, etc.
- Develops positive philosophy - cycling and learning as life long activities
- Promotes values - respect for others, empathy, appreciation and responsibility for the environment

DATES FOR THE PROGRAMME ARE:

Date: Wednesday, May 12th through Wednesday, June 30th

Time: 6:30 p.m. to 8:00 p.m.

Location: Otway Ski Trails

Cost: \$99.00 per participant

Age Range of participants: 9-14

Each participant will receive a t-shirt, water bottle, Ryder riding glasses and Finishline chain oil

www.mtbpg.ca

www.sprockids.ca

www.pgcyclingclub.ca