



# 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 (1<sup>st</sup> and 2<sup>nd</sup> 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 PROGRAM ARE:**

Wednesday, May 6<sup>th</sup> through Wednesday, June 24<sup>th</sup>.

Location: Otway Ski Trails

Cost: \$99.00 per participant, this includes PGCC Membership

Age Range of participants: 8-16

Each participant will receive a:  
PGCC membership, t-shirt,  
water bottle, decals, personal  
passport and more.....

## **For more information and sign-up, contact.....**

**In person :** Cycle Logic Bike Shop

1443 – 3<sup>rd</sup> Ave.

Prince George Phone: 614-7223

## **On Line (information only):**

[www.mtbpg.ca](http://www.mtbpg.ca)

[www.sprockids.ca](http://www.sprockids.ca)

[www.pgcyclingclub.ca](http://www.pgcyclingclub.ca)