



# iRide Jam

## Ambleside Community Day

Join Cycling BC's iRide program at Ambleside's Community Day Festival on June 4<sup>th</sup> for a fun and exciting cycling safety and skills session.

Rip it up and improve your skills in a safe and fun environment.

What is it: 45min fun and exciting cycling session

When: June 4<sup>th</sup>, 2016

	Duration	Approx. Ability	Approx. Age
<b>Wave 1</b>	12:15 - 1pm	Able to Ride	6 - 7
<b>Wave 2</b>	1:15 - 2pm	1 Hand	7 - 8
<b>Wave 3</b>	2:15 - 3pm	Stand & Pedal	8 - 9
<b>Wave 4</b>	3:15 - 4pm	Intermediate Skill	9 - 10
<b>Wave 5</b>	4:15 - 5pm	Advanced Skill	10 - 12

Who: Ages 5-12, able to ride a 2-wheel bike

Where: Ambleside Park, Community Day Festival

How much: FREE

Capacity: 100 Participants, 20 riders / wave

Registration: Book @ [www.cyclingbc.net/iridewaiver](http://www.cyclingbc.net/iridewaiver), Select: **iRide Jam: Community Day**

Bring a bicycle of any type. If you need a bicycle, we can provide one. After registering you will be contacted by our coordinator to finalize your wave time.

To learn more, visit our website: [www.cyclingbc.net/iride](http://www.cyclingbc.net/iride)

To book your school, contact our Coordinator; [iRide@cyclingbc.net](mailto:iRide@cyclingbc.net) or 604-BC-iRide

# For The Love of Cycling

