



iRide Jam

PISE Family Sport & Recreation Festival

Join us this weekend for an iRide Jam at Victoria's PISE on May 7th, 2016

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

What is it: 30min coach-led cycling program

When: May 7th, 11am – 3pm

Registration On-site Only, opens at 10:30am

Choose a wave:

Wave #1: 11:15am - 11:40am

Wave #2: 11:45am - 12:10pm

Wave #3: 12:15pm - 12:40pm

Wave #4: 12:45pm - 1:10pm

Rest Break

Wave #5: 1:30pm - 1:55pm

Wave #6: 2:00pm - 2:55pm

Wave #7: 2:30pm - 2:55pm

Who: Ages 6-12, able to ride a bike

Where: Pacific Institute of Sport Excellence

How much: FREE

Capacity: 20 riders / wave

Bring a bicycle of any type. iRide rental bikes fit ages +8 yr. old riders

To become a local coach or learn more, please visit www.cyclingbc.net/iride

To contact our Coordinator: iRide@cyclingbc.net or 604-BC-iRide

For The Love of Cycling

