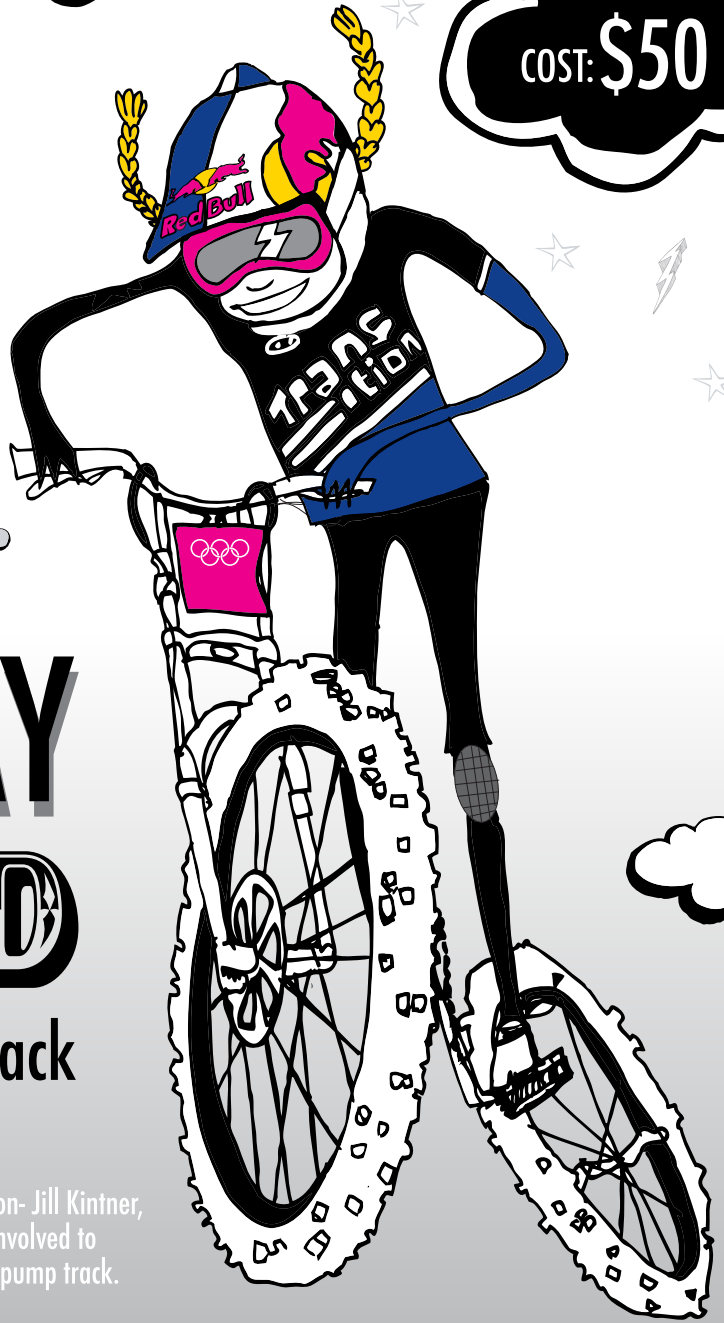


Jill  
**KINTNER**  
& Kat  
**SWEET**

COST: \$50



# LADIES SKILLS DAY DEC 3RD

Abbotsford Indoor BMX Track  
TIME: 10am-1pm

Learn from Olympic BMX Bronze medalist/4x World champion- Jill Kintner, and Kat Sweet of Sweetlines.com, the skills and techniques involved to pump and flow your way around a BMX track, 4X course, or pump track.

Skills covered will be: basic bike set up, Fundamentals of braking, Turning drills, pumping, gate starts, balance, line choices, passing moves and race tactics. ALL ABILITIES WELCOME !!!

Recommend a HARDTAIL or BMX bike. Must wear full face helmets, long sleeves, long pants or shorts and knee/shin guards.

TO REGISTER contact Kat:  
katsweet1@gmail.com  
206-427-3090  
www.sweetlines.com

TRACK LOCATION:  
32470 Haida Dr.  
Abbotsford, BC, CANADA

www.abbotsfordbmx.ca

