



William Land After-School Bike Club

4th, 5th, 6th grade students
Wednesdays 3:30-4:30pm



Dear Families,

I am excited to announce that William Land Elementary School is offering an extracurricular bike club! This course will teach a variety of topics related to bicycling, using bicycles for transportation and recreation, encouraging healthy lifestyles, and having fun while focusing on safety.

The program's goal is to provide children with the knowledge and experience to travel safely and predictably under their own power in their community. Your child will learn and demonstrate many skills including:

- Knowledge of traffic laws
- Bike safety awareness
- Ability to check equipment for safety
- Understanding rules of the road and how to follow them
- Ability to legally and safely navigate through intersections
- Basic bicycle mechanics and repairs
- Leadership and fun bicycling experiences

The bicycle training will run after school on Wednesdays beginning October 4th. Students will practice skills on school grounds and surrounding community streets. Instructor: Arlete Hodel, League Certified Instructor #3879, and retired school teacher. I also teach Project Ride Smart in North Natomas. An overview of the course held is available on YouTube at: <https://youtu.be/8sxj7TKQrFg>.

If students do not have a bike and helmet, please let me know and I will work to secure loaner bikes and helmets for them. Please plan to attend each class. Club limited to 15 students. If you have any additional questions, please call Arlete at 916-212-8590 or email: arletelouise@me.com. **Cost for the program: \$300 (1-10 students) or \$200 (11-15 students).** Payment in full is preferred but may be done in two payments (1st payment due 10/3/17, 2nd by 2/6/19).

Please return the bottom portion of this form to the school office by 3:30 pm Sept. 14

After School Bike Club

Student Name: _____ Grade: _____

Teacher Name: _____ Parent/Guardian: _____

Phone: _____ Parent email: _____

Student will ride bike home: _____ Parent will pick up student from school: _____

Student will return to Lion's Den: _____

Payment option: 1 payment of \$300 at first class _____ 2 payments of \$150 (10/14/17 & 2/1/18) _____

Needs a helmet: Yes _____ No _____ Needs a bike: Yes _____ No _____

William Land Elementary

Bike Club



Auburn Elementary Bike Club 2015



Fun, Friends, & Bikes

- Open to all students
- Learn how to ride (if needed)
- Need a bike? Helmet? No problem, I will find a solution.
- Improve all bicycle driving skills
- Regular meetings once/week
- Adult volunteers welcome to participate
- League Certified Instructor Arlete Hodel, LCI 3879

Bicycle Driving Skills

- Safety: bicycle, helmet, clothing
- Rules of the road: traffic laws
- Power starts, stopping, scanning, hand signals
- Lane positioning, changing lanes, turns
- Intersections
- Group riding and etiquette

Club Rides

- Minimum skill level required and determined by LCI
- Adult volunteers with a bicycle and helmet are welcome and may be required for safety
- Ride local neighborhood routes with on-street instruction for moving safely and legally with traffic



Bike Maintenance

- ABCQuick Check
- how to fix a flat
- maintain drivetrain
- basic repairs
- bicycle tools



And more ...

- Fun bike activities
- Leadership and community service opportunities
- Learn how to report hazards and make a difference

