

*Sunday May 23 , Granite Bay Beach* Before the **FIRST ANNUAL TEAM REVOLUTIONS FAMILY RIDE AND BBQ**  
ages (3-6)\* and (7-10)\* from 1:00pm - 2:00pm  
ages (11-15)\* from 2:00pm - 3:00pm

# TEAM REVS KIDS MTB CLINIC



**Fun Entry level Mountain Bike (MTB) clinic for kids to get introduced to riding in the dirt. We will go over safety, bicycle handling drills to get the kids used to their bikes in different situations like starting, stopping, turning, riding up and down hills and on dirt. Capri sun and snacks are provided.**

**Needed:** Helmet, water, functioning bicycle, sunscreen, comfortable clothing for cycling.

**Optional:** Sunglasses, snacks.

**Group one, ages (3-6)\* and (7-10)\* from 1:00pm - 2:00pm**

(includes drills near the parking lot and grass areas where parents will have full view of the clinic)

**Group two, ages (11-15)\* from 2:00pm - 3:00pm**

(includes drills and then supervised basic trail riding)

**\*(Please sign up now, space limited to ten children in each age group to provide one-on-one Coaching)**

**To sign up and more information:**

(<http://www.bike4funandhealth.com/CoachingAndTraining.html>)

PayPal recommended or if paying by check or cash day of clinic, please contact Coach Myron at [coach@bike4funandhealth.com](mailto:coach@bike4funandhealth.com) 916-835-4444 , **Thank you! Coach Myron**