

easts



riding
with *Avril Swan*





A LITTLE BIT ABOUT ME

I've been riding for 30 years and am as passionate now as I was when I started.

These days I love riding my bike for fun with a focus on fitness, but mostly I love helping people feel comfortable and relaxed on their bikes, achieve their fitness goals and enjoy riding.

My goal these days is to get more people out riding.

I know how hard it is to get started so why not give it a go?

Some past achievements include, competing at National level, 3 Irish Time Trial records, Silver Medal at World Masters etc – come chat to me if you're keen to find out more.





WELCOME TO *'RIDING'* with Avril Swan

'Learn to Ride' cycling sessions are designed for both male and female riders of all age groups and experience levels. The aim is to become a proficient cyclist whether you want to ride solo to the shops, around the park with a friend, or in a group getting out and enjoying the freedom of road cycling... safety is the goal.

If you've always wanted to ride but are not sure where to start or how to go about it come along and get started. Sessions will be tailored to your needs and as the group size grows more time slots will be offered to ensure your needs can be met in a small group.

Cycling provides the mindset to inspire you to get through many things including the challenge of COVID-19 and come out the other end a much more de-stressed positive person while getting fit, healthy and strong.

Focus will be on **Safety & Skills**





SAFETY

- How to ride by yourself in a straight line
- Wear a well fitted helmet (Aus. Standard)
- Staying hydrated
- Pumping your tyres
- Check your brakes
- Adjust your seat height
- Lights for day and night riding
- Road riding protocol
- How to ride with 2 or more people
- Insurance cover





SKILLS

- How to relax on your bike
- How to brake correctly and safely
- Cornering skills
- How to climb correctly
- When and how to change gear
- How to reach for your water bottle
- How to change a flat tyre
- Benefits of joining a club





DETAILS

Availability	Wednesday/Friday mornings Individual or group sessions Please email or call for enquiries
Duration	One hour
Meeting Point	Centennial Homestead, Grand Drive, Centennial Park

See map reference link below:

<https://www.centennialparklands.com.au/visit/maps#/>

Email or call to find out more about riding with Avril:

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Mobile: 0459 771 160

Program endorsed by Eastern Suburbs Cycling Club Inc.

