

CASTRO VALLEY ADULT AND CAREER EDUCATION

Beginning Road Cycling

Saturdays

3:00 - 5:00 pm

October 8 - November 5

Fee - \$99

- **Jump from being just a bike rider to a real cyclist**
- **Jettison the bike riding superstitions that holds you back**
- **Jump straight to the “doing-it-right” from certified pros**

Intermediate Road Cycling

Saturdays

10:00 am - 1:00 pm

November 12 - December 10

Fee - \$99

- **Continuation of the Beginning Road Cycling class**
- **Become a solid intermediate road cyclist**
- **Reduce your accident rate by 80%**

Highly recommended!
Fun class!
Bike repair!
Save time and money!



On-line: www.cvadult.org
By phone: 510.886.1000
In person:
**Castro Valley Adult
and Career Education**
4430 Alma Avenue, Castro Valley

**INSTRUCTOR WYNN KAGEYAMA OF VENTANAEDU IS A CERTIFICATED CYCLING
EDUCATOR WITH LEAGUE OF AMERICAN BICYCLISTS AND THE CYCLING**

EDUCATION CHAIR FOR FREMONT FREEWHEELERS BICYCLE CLUB. HE IS ALSO A TRAINED CLUB BIKE MECHANIC.

