

CASTRO VALLEY ADULT AND CAREER EDUCATION

Beginning Road Cycling

Sundays

October 3 - October 31, 2010

10:00 am - 12:00 pm

Class fee - \$99

- **Learn the latest current cycling techniques and skills**
- **Master essential maneuvers, repairs and maintenance skills**
- **Learn about local clubs and what you need to ride with them**

Intermediate Road Cycling

Sundays

November 7 - December 5, 2010

10:00 am - 12:00 pm

Class fee - \$99

- **Continuation of the Beginning Road Cycling class**



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 BICYLCE CLUB. HE IS ALSO A TRAINED
CLUB BIKE MECHANIC.**