

Overview	Hands-on cycle maintenance course with theory elements suitable for people who have an understanding of basic techniques and want to learn additional skills. Trainees will be working on their own bike and also practicing on separate components in our workshop.
Course length	One day course from 9.30am
Cost	£90 (please note that certain London boroughs subsidise maintenance training, please check our website)
Location	The training takes place at our training centre in Bermondsey, London SE16
What will I need to bring?	Your bike – it's useful to make adjustments on your own bike. If you can't bring it, don't worry – we have bikes in the workshop that you can work on. All tools are provided.



2017 LEARN TO FIX YOUR BIKE!

Course outline*

Transmission

Assessing transmission problems
Pedals and cleats adjustment
Chains – assessing wear, splitting & joining a chain

Cassettes – assessing wear and replacement
Removing and installing cranks
Removing and installing chain rings
Overhauling and changing front & rear derailleurs

Bearings

Understanding bearings (note: this does not include cartridge bearings)
Adjusting hub bearings
Replacing and adjusting bottom bracket bearings
Replacing and adjusting headset bearings (quill and threadless type)

Wheels

Assessing wheel faults
Truing slightly buckled wheels

Recap session

One hour free practice session to practice techniques as well as Q&A.



WHAT WILL I GET FROM THE COURSE?

- Learn how to recognise basic and intermediate problems and take preventative measures
- Carry out a selection of useful adjustments, repairs and servicing techniques involving transmission, bearings and wheels
- Use a selection of general and specialist tools
- Gain the confidence to keep your bike running day-to-day. To learn more wheel techniques you can book on our Wheel Building course

*This course is not suitable for bicycles with hub brakes or hub gears.