

Overview	Hands-on cycle maintenance course suitable for people with absolutely no cycle maintenance experience.
Course length	One day course from 9.30am
Cost	£70 (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*

Tools for the home mechanic

What tools are needed
Advice on buying tools
How to use basic tools

Bicycle overview

Get to know your bike – learn the names of parts and what they do
Bike roadworthy checks

Preventative maintenance

How to clean and lubricate parts
Assess wear and tear

Cycling in comfort

Your ideal riding position for comfort & efficiency
How to adjust your bike to your body frame (adjust saddle, handlebar and brake/gear levers)

Tyres and punctures

Types of tyres and their uses
Wheel removal and replacement
Check for puncture causes/removal & replacement of inner tube
Puncture repair

Brakes

How different brake types work
Check brakes – assessing wear
Adjust/change/align brake blocks/disc pads
Replacing brake cables

Recap session

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

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



WHAT WILL I GET FROM THE COURSE?

- Receive a good foundation on bike basics - including learning about the parts of a bike, what they do and the tools you'll need for home bike repair
- Learn how to adjust a bike to fit your body frame
- Cleaning and lubricating (including where you don't oil!)
- Some basic repair techniques – puncture repair and brake adjustment
- The confidence to start on the essentials. To learn more techniques you can book on our Basic Maintenance course