

# EZ Ride & Plainfield Recreation Safe Bike Skills & Learn 2 Ride Classes



Plainfield City Hall Parking Lot  
515 Watchung Avenue Plainfield NJ 07060



## A helpful class by EZ Ride's Bike and Ped team Saturday May 20th

- 9:00 - 10:00 Youth Learn to Ride \*
- 10:15- 11:45 Safe Bike Skills \*\*
- 12:00 - 1:00 Adult Learn to Ride

### Requirements:

- Register (Limited Availability)
- Bring a Bike w/ Inflated Tires
- Must Wear a Helmet
- A Parent must attend w/ Child \*
- Bring Signed Waiver
- No training wheels
- Sneakers
- Proper Seat Height

### Safe Bike Skills Class Covers:

**Proper Helmet Fitting  
Pre-Ride Safety Check  
Starting, Stopping, Scanning,  
Signals, Turning  
Bike Handling & Safe Riding Tips**

### Learn to Ride Class Covers:

**Proper Helmet Fitting,  
Balance, First Approach  
Starting and Stopping  
Pedaling**

\*\* Parent may bring their own  
bike and participate in ride.

### To Register:

Contact Rec Coordinators Paul Phillips  
Email: paul.phillips@plainfieldnj.gov

SafeRoutes

