

Overview	Hands-on cycle maintenance course suitable for people who want to learn basic maintenance techniques
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.

## 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 (adjust saddle, handlebar and brake/gear levers)

### Brakes

How different brake types works

Check brakes – assessing wear

Adjust/change/align brake blocks/disc pads

Replacing brake cables

### Gears

The function of gears

Indexing gears

Replacing a rear gear cable

### Splitting & rejoining a chain

Types of tyres and their uses

Wheel removal and replacement

Check for puncture causes/removal & replacement of inner tube

Puncture repair

### Recap session

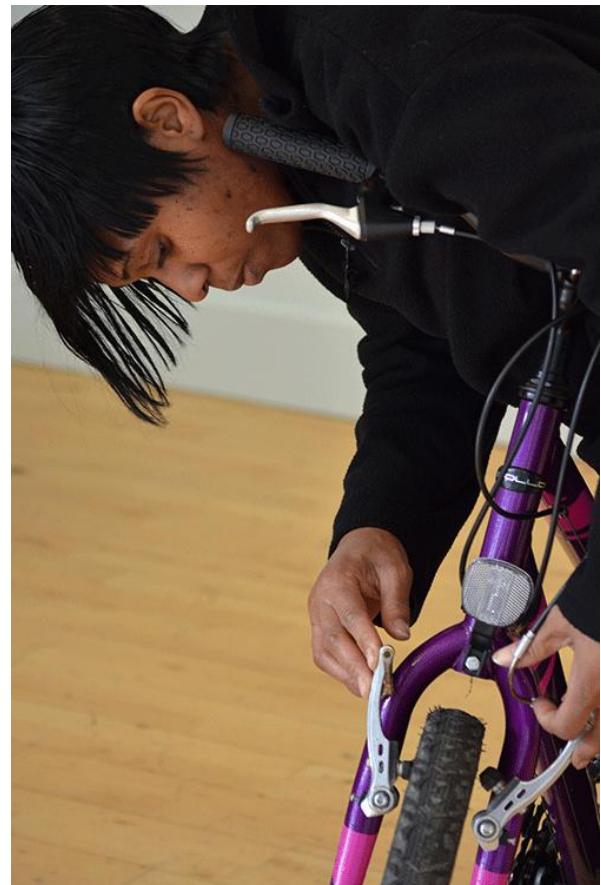
One hour free practice session to practice techniques as well as Q&A.

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

To book contact Andy T:020 7232 4390  
E:andy@cycletraining.co.uk



2015 LEARN TO FIX YOUR BIKE!



### WHAT WILL I GET FROM THE COURSE?

- Learn how to recognise basic problems and take preventative measures
- Carry out a selection of useful adjustments, repairs and servicing techniques around brakes, gears and chain (note: puncture repair is covered in our Introductory Maintenance Course)
- Use a selection of general and specialist tools
- The confidence to keep your bike running day-to-day. To learn more techniques you can book on our Intermediate Maintenance course