

SUMMER YOUTH BICYCLE PROGRAM

CURRICULUM & SKILLS

MECHANICS

🚲 Basic maintenance and repair
Focus on each ride. Accommodates riders from novice to experienced levels: fix flat tires, adjust brakes, derailleur, cables, and housing.

🚲 Intensive mechanical course goes beyond Basic Bike to include training in professional tool use for complete bike repair and building.

RIDING

🚲 Basic Bike program covers: training, drills, neighborhood trips, group rides, map skills and route planning. Participants receive a safe cyclist license upon successful completion.

🚲 Intensive Bikes will cover: the basics and will allow youth to more fully discover the possibility of bicycles for transportation as they bicycle on exciting field trips out of their usual neighborhood.

HEALTH AND WELLNESS

🚲 Nutrition, exercise, self-confidence, teamwork, environmental stewardship and responsibility emphasized in each activity.



PERSONNEL

Program Manager—Experienced youth bicycling trainer from West Town Bikes; responsible for weekly site visits and curriculum development. Manages paperwork and instructor payroll.

Instructor— Certified through West Town Bikes Trainer Program for youth mechanic & riding instruction. Minimum two years experience working with youth and CPS passes background checks.

Youth Assistants—Two senior teens at each site; former bike program participants. Successfully completed WTB intensive training. Receive a stipend from After School Matters Internship Program.

Youth Participants—10-15 youth per group for a safety while on group rides and in mechanic workshops.



EXPENSES

Instruction	\$ 35.00/hr
Prep Time	\$ 35.00/hr
Bicycles	\$150.00/per
Helmet	\$ 10.00/per
Water Bottle & Cage	\$ 5.00/per
Tools & Supplies <i>Basic</i>	\$ 250.00
Tools & Supplies <i>Intensive</i>	\$ 500.00
*T-Shirt	\$10.00/per
*Bicycle Lock	\$17.50/per
*Safety Light Set	\$15.00/per
*Optional depending on program	

Estimated Budget for program running 5 hours a day, 3 days per week for 6 weeks with 10 students per session \$5,500 Basic, \$6,000 Intensive.

****If your school is interested in providing a summer youth program contact West Town Bikes no later than April 1st**
alex@westtownbikes.org or (312) 213-4184**