

Bike to School Month Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 1	1	2	3	4	5	6
7	8 Bike to School Month starts! → MPI Cycle Champion Course	9	10 WRENCH workshop- (booked)	11 Art City Bike Art Workshop a.m. & p.m.	12 MPI Cycle Champion Course WRENCH workshop	13 MPI Cycle Champion Course – Pembina
14	15 MPI Cycle Champion Course WRENCH workshop	16 Bike Blender Smoothie Workshop (booked)	17	18	19 MPI Cycle Champion Course WRENCH workshop (booked)	20 MPI Cycle Champion Course – Pembina
21	22 MPI Cycle Champion Course	23 Bike Blender Smoothie Workshop (booked)	24	25 Art City Bike Art Workshop a.m. & p.m.	26 MPI Cycle Champion Course WRENCH workshop	27 MPI Cycle Champion Course – Pembina
28	29 MPI Cycle Champion Course	30 Bike Blender Smoothie Workshop (booked)	31 WRENCH workshop	JUNE 1	2 MPI Cycle Champion Course WRENCH workshop	3 MPI Cycle Champion Course – Pembina
4	5 MPI Cycle Champion Course	6	7 CLEAN AIR DAY at Assiniboine Park 10am-2pm!!	9	10	11

** MPI Bike Rodeo – Monday - Friday – morning or afternoon

Register at: <http://mpi.mb.ca/en/About-Us/Community/Safety-on-Wheels/Pages/safetyonwheels.aspx>

WORKSHOP DESCRIPTIONS

MANITOBA PUBLIC INSURANCE WORKSHOPS (Bike Rodeo and Cycle Champion Course)

For teaching staff, or parent volunteers who wish to increase your cycling knowledge and confidence, you can attend a free, full-day workshop led by a CAN-BIKE qualified instructors and become a “**Cycling Champion**” in your school. For further information visit the following link: <http://mpi.mb.ca/en/Rd-Safety/Cycling/Pages/champions.aspx>. Or call 204-985-8737 or 1-866-767-7640 to arrange a workshop.

If you would like Manitoba Public Insurance “Safety on Wheels” Cycling Safely to come and visit your school to conduct a **bike rodeo**, bookings open **April 3rd** at the following link: <http://mpi.mb.ca/en/About-Us/Community/Safety-on-Wheels/Pages/safetyonwheels.aspx>

Fill out an online application early to secure your date! For additional cycling information visit our website at: <http://mpi.mb.ca/en/Rd-Safety/Cycling/Pages/BikeSafe.aspx>

****For schools registered for Bike to School Month who are booking an MPI Workshop, please indicate in “Additional Comments” – “My school is registered for Green Action Centre’s Bike to School Month****

BIKE ART WORKSHOP

Join Art City for this fun bike and helmet decorating workshop! We'll be using a mix of high visibility and reflective materials, to create characters for bikes and helmets so that kids can be visible and stylish!

45 minutes – 2 hour workshop a class of 25 students at a time. Suited for any age group.

To book a Bike Art Workshop, please contact Lea, Active Events Coordinator at lea@greenactioncentre.ca

W.R.E.N.C.H WORKSHOPS

Bring in your bike and learn how to do basic maintenance to make sure you are road ready. Learn about the tools bike mechanics use and the names of the different parts of your bike. This is a hands on workshop!

There are several workshops, approximately 2 hours each, available for 15 students at a time. Best suited for grades 6-12.

Community Tune-up Stations

A big hit with schools and drop-in centres alike. -The WRENCH provides bicycle repair stations (stands, tools, spare parts and consumables) for participants to repair their own bicycles with the guidance of project staff and volunteers.

Bring your own bike. Length: 2- 4 hours Class size: TBD

Intro Bike Mechanics and Fix a Flat Tire

This is a fun introductory session for any bike enthusiast.

Learn bike anatomy, bike repair tools and appropriate use. Learn how to fix a flat tire.

Bring your own bike or learn on a WRENCH bike wheel.

Length: 2-3 hours Class size: 8 or 16 participants or TBD

Intro Bike Mechanics and Brake Adjustments

Learn bike anatomy, bike repair tools and their appropriate use. Learn how to assess and adjust your rim brakes.

Bring your own bike or learn on a WRENCH bike.

Length: 2-3 hours Class size: 8-16 participants or TBD

Bike Check and Safe Cycling

Get ready for each cycling season by checking that your bike is tuned up and ready to roll. After a 6 point assessment, participants will ride through a series of stations that teach hand signals, shoulder checking, how to change gears and rules of the road. Plus learn how to lock your bike and adjust your helmet. This workshop can also include a bike art or decorating component.

Bring your own bike. Length: 2-3 hours Class size: TBD

To book a W.R.E.N.C.H Mechanical Workshop, please contact Geoff, at 204 296 3389, or mech@thewrench.ca

BIKE BLENDER SMOOTHIE WORKSHOP

Looking for a unique and fun activity to celebrate Bike to School Month? Your whole school will love the delicious smoothies we can whip up for your students. Green Action Centre's always-popular bike-powered blender is available to bring to your school for a morning or afternoon in May. Take turns pedalling to whip up cool beverages on the spot.

To book a Bike Blender Workshop, please contact Lea, Active Events Coordinator at lea@greenactioncentre.ca. (Access to a proper kitchen a necessity)