

# FAMILY MOUNTAIN BIKING CLASS

LEARN THE BASIC SKILLS FOR OFF-ROAD TRAIL RIDING!

## COST

**\$90 - MEMBER**

**\$110 - NON-MEMBER**

**PARTICIPANTS ARE ENCOURAGED TO PROVIDE THEIR OWN BIKE AND HELMET. BIKES AVAILABLE AT CAMP IF NEEDED.**

REGISTRATION FORM AND WAIVER CAN BE FOUND ONLINE OR AT THE YMCA. REGISTRATION CAN BE PROCESSED BY CALLING OR VISITING THE YMCA

## DATES:

**9/19**

**Safety Day**

**9/26**

**Skills Day**

**10/10 & 10/17**

**Mountain Bike Ride**

## TIME

**10:00am-12:00pm**

**Ages 10 & up, 17 years and younger must be accompanied by an adult**

**Limited Spots Available**

**PROGRAMS WILL TAKE PLACE AT YMCA CAMP SHEPARD**

**MEET AT CAMP OFFICE**

**360 NORTHWEST RD. WESTFIELD, MA**

**FOR MORE INFORMATION CONTACT:**

**LAUREN CAPRILE ·**

**LCAPRILE@WESTFIELDDYMCA.ORG ·**

**413-568-8631**

**SAFETY STANDARDS WILL BE FOLLOWED INCLUDING THE USE OF FACE MASKS, PHYSICAL DISTANCING AND HAND WASHING**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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