# DIY Cycle Maintenance for Health and Wellbeing



Adult

Leisure and Professional

At this workshop you will learn how to repair a puncture, change a tyre and adjust the brakes and gears on your own bike. You will also learn about bicycle ergonomics and how to source cheap parts.

Please bring your own bicycle to this workshop if possible.

We suggest that you bring a packed lunch and any other refreshments with you that you may require.

You may be eligible to do this Tailored Learning course/workshop for free, or at a reduced fee, if you are 19+ as of 31.08.24, have been a UK/Ireland resident for the last 3 years, have not done this or a similar course/workshop before and have not done/booked on more than 2 Tailored Learning courses/workshops already for this academic year 2024/25 with The Cornwall College Group. Any material fees for courses/workshops will be payable in full. All fees payable when booking.

This workshop runs on a Saturday from 9.30am to 4.00pm for 1 day.

Venue:-

Cornwall College Camborne Trevenson Road Pool Redruth TR15 3RD



Scan the QR Code for full course description, assessment and progression options from this course

**ENTRY REQUIREMENTS** 











Find out more and apply online



### **DIY Cycle Maintenance for Health and** Wellbeing



Leisure and Professional

## CORNWALL COLLEGE

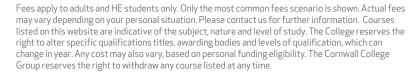
### **LOCATION & NEXT START DATE(S)**

Cornwall College Camborne - 12 October 2024 Cornwall College Camborne - 1 March 2025 Cornwall College Camborne - 17 May 2025





<b>LEVEL</b>	<b>DURATION</b>
No Qualification	1 Day
ATTENDANCE	FEES
Part-time	Tuition Fees: £9.00





#### **Explore Our Courses & Apprenticeships**

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.











Find out more and apply online

