

## Elementary Schools

- 9:30am - 10:00am Group meets guides, break into groups and go through the rental Shop to get fitted for their bikes.
- 10:00am - 12:00pm Guides will give their groups a safety speech, and a brief instruction on the bike and it's functions. The various groups will head out with their guides to **the Magic Chair and ride the beginner bike terrain in that area or head out on trails around** Whistler around the Whistler valley, visiting various skill centres to develop their mountain biking skills. Each rider is given skills or techniques to improve on over the course of the day.
- 12:00pm - 12:30pm Lunch break at **Garbonzo Bike and Bean**, located at the base of Whistler mountain.
- 12:30pm - 2:00pm Groups will recap what was learned in the morning and once everyone is ready, will head up the mountain to experience the bike park. Groups will start riding "Easy Does it" which is a beginner bike trail and will visit various skill centres in the park to further develop their biking skills. The guides will focus on further development of the skills learned in the morning.
- 2:00pm - 2:30pm Guides assist their groups with cleaning the bikes at the base, briefly discuss how everyone improved on the skills and techniques the have been working on over the course of the day. The rental bikes are then returned to the bike shop.

All riders will be grouped according to ability with a ratio of 1:7 riders to coach. Teachers and adult chaperones are invited to join in the lessons with the students.