

# Schools on Dirt – Daily Program Itinerary

## Secondary 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, head up the mountain for skills assessment and morning lessons. Each rider is given a skill or technique to improve on over the course of the day. Advanced riders will be given the choice of what they would like to session throughout the day.
- 12:00pm - 12:30pm    Lunch break at the Roundhouse or at **Garbonzo Bike and Bean** (located at the base of the mountain) depending the riding ability within the separate groups.
- 12:30pm - 2:00pm     Groups will ride around the park with the guides and sessions will vary within the groups based on the ability levels and the areas of improvement suggested by the guides in the morning.
- 2:00pm - 2:30pm      Guides assist their groups with cleaning the bikes at the base, briefly discuss how individual riders improved on the areas they had discussed earlier in the morning and all bikes are returned.

**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.**