



Hudson County Executive Craig Guy  
& The Board of County Commissioners



# HUDSON TMA'S ANNUAL LEARN TO RIDE CLASSES ARE BACK!

**ALL PARTICIPANTS MUST  
BRING THEIR OWN BICYCLE**

*Children must have a parent/guardian  
present at all times during class.*

**Sunday, June 8th**

**11am-2:00pm**

North Bergen Recreation Center  
6300 Meadowview Avenue,  
North Bergen, NJ 07047



## WHAT YOU'LL LEARN:

- HOW TO USE SAFETY GEAR
- HAND SIGNALING
- ROAD RULES
- SMART RIDING TECHNIQUES
- HOW TO RIDE A BIKE WITH INSTRUCTIONS



- CYCLING COURTESY
- FREE HELMET FITTING
- FREE REMOVAL OF TRAINING WHEELS
- AND MORE!

This publication was prepared with funding from North Jersey Transportation Planning Authority (NJTPA) and the Federal Highway Administration (FHWA). This document is disseminated under the sponsorship of NJTPA and FHWA in the interest of information exchange. The NJTPA is solely responsible for its contents.





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# VUELVEN LA CLASES ANUALES DE APRENDER ANDAR EN BICICLETA DE HUDSON TMA!

**TODOS LOS PARTICIPANTES DEBEN TRAER SU PROPIA BICICLETA**

*Los niños deben tener un padre/tutor presente en todo momento durante la clase.*

**DOMINGO, 8 de Junio**

**11am-2:00pm**

North Bergen Recreation Center  
6300 Meadowview Avenue,  
North Bergen, NJ 07047



## LO QUE APRENDERÁS:

- CÓMO USAR SU EQUIPO DE SEGURIDAD
- SEÑALES DE MANOS
- NORMAS DE TRÁFICO
- TÉCNICAS DE MONTAR SU BICICLETA



- EDUCACION DE CICLISMO
- AJUSTE DE CASCO GRATUITO
- EXTRACCIÓN GRATUITA DE RUEDAS DE ENTRENAMIENTO
- Y MÁS!

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