Bicycle Maintenance (DIY evening workshop)

Tutor: David Green (01223 449304)
Time: 7 to 9 pm
Duration: 5 x 2 hour evening sessions
Location: Coleridge Community College, Technology workshop (map overleaf)
Max students: 8
Course level: This is suitable for anyone who enjoys tinkering with their bike, and no longer considers themselves to be a complete beginner at bike maintenance. The trainer will be available to provide guidance and assistance when necessary, but attendees are expected to be happy working at their own pace on maintenance tasks of their own choosing with minimal trainer intervention. Not suitable for complete beginners: they should instead attend a Bicycle Maintenance Beginners course.

Prerequisites: A desire to get your bicycle in better shape. You will need some experience of bicycle maintenance (possibly picked up on one of our basic or improvers courses).

Course content: These DIY workshops are very ‘open ended’ - you plan which maintenance tasks to carry out on your bike over the five sessions. (Providing the trainer doesn’t think you’re attempting too much in any one two hour session, you’ll be given the green light to carry on.) The emphasis here is on tackling the tasks that interest you, while having someone on hand to advise and help you if necessary.

This are practical sessions where you work on your own bike. There are no facilities for storing bikes in the workshop from week to week, so you must get your bike roadworthy by the end of each session. You should expect to get your hands dirty, and to have a lot of fun! Numbers are restricted so that you get all the assistance you need in a small intimate group. By the end of the course, you will be confident enough to do your own bike servicing.

Equipment required: a bicycle to work on
spare parts as necessary
1 or 2 old rags
a book on bicycle maintenance¹
(It is advisable to wear suitable (old) clothes.)

Tools: During the course sessions, a well-equipped tool kit is provided as a shared resource. If you already have some bike tools, feel free to bring them along too.

Course aims:

1. To build your confidence in tackling bicycle maintenance tasks.
2. To help you to improve the mechanical condition of your bicycle.

Topics covered:

Any tasks that the instructor agrees you are capable of completing within each 2-hour session. For example, you might decide to tackle topics such as:
- Hub bearings: servicing and adjusting
- Freewheel and chain replacement
- Adjusting and fine-tuning brakes
- Replacing spokes, and/or wheel truing
- Headset servicing
- Replacing brake/gear cables
- Replacing tyres
- Fitting a lighting system

Teaching method:

Practical. Working at your own pace, with trainer assistance and advice as necessary.

Enrolment:

To enrol, telephone Life-Long Learning, Coleridge Community College, Radegund Road, Cambridge CB1 3RJ on (01223) 712340 / 712341, or call-in in person.