



Safe Urban Bicycling

Free Bicycle Safety Classes sponsored by Metro

Learn how to ride your bicycle safely in the streets! Get a free helmet and a free set of bicycle lights. Must be 14 or older to attend.

Entry Level Classes (2 hours; In classroom; No bike)

For recreational riders ready to venture beyond their neighborhood!

Intermediate Commuting Classes (3 hours; In classroom & on bike)

Learn the basics of riding safely in the streets and practice in a community group ride.

Traffic Skills 101 Classes (8 hours; In classroom & on bike)

Our most comprehensive course that teaches everything you will need to ride safely with traffic. Presented over two days, first in-classroom instruction only, followed by on-bike learning.

To sign up, please visit: metro.net/bikes/bikes-metro/safety-classes
Or call (213) 629-2142 for Entry Level & Traffic Skills 101 classes
and (626) 453-3700 x1810 for Intermediate Commuting classes.



Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

