

Junior Programs 2004

The *Greater Victoria Velodrome Association* is pleased to host the *PacificSport National Cycling Center* and the *Victoria BMX Association* at the Juan de Fuca Velodrome. This unique partnership will foster one the best and most unique junior cycling programs in Canada. Through innovation and cooperation among the cycling community, the GVVA has become an integral element in the development of Canada's future BMX and Track Cycling Olympians.

Program Schedule:

Monday: Track 4:30-6:00pm (10 and under only), BMX practice 6:00-7:30pm
Tuesday: Track 5:00-6:30pm
Wednesday: BMX 6:00-8:00pm
Thursday: Track 5:00-6:30pm
Friday: Optional Racing Night (Track)
Saturday: BMX
Sunday: Optional BMX Racing League

Cost:

Total Package BMX and Track Combined Program: \$200.00 (includes track bike rental)

Track Program Only: \$150.00

BMX Program Only: \$50.00

[Victoria BMX Association](#)

Contact PacificSport for more information or to register: Cmoffat@pacificsport.com

Lesson Programs

Young athletes who would like to try the velodrome are encouraged to attend one of our lesson programs. Lessons take place throughout the year and cover everything from basic riding technique to racing skills. There is a place for everyone in this fun "learn to ride" session.

Schedule

Monday and Wednesdays 4:30-6:00pm

April 5-April 28th \$90.00/8 Lessons

May 3-May 26th \$90.00/8 Lessons

May 31-June 23 \$90.00/8 Lessons

During the above dates, you may choose from any of the following lesson levels.

Level 1 - Beginner

Level 2 - Intermediate

Level 3 - Advanced

Contact the Juan De Fuca Recreation Center to register for this program. (250) 478-8384

www.jdfrecreation.com Check out the on-line brochure for more information on this program

School Programs

The Greater Victoria Velodrome Association is also proud to welcome many of the region's schools to our velodrome. Last year we hosted Margaret Jenkins School Cycling Club and Journey Middle School (Sooke). We are rapidly expanding our school programs. If your school would like to try our track, please give our school coordinator, Breanna Loster (breloster@hotmail.com) an email and we will develop a program that suits your school's needs. You can come for as little as 1 hour or even for a full day. Some schools are considering on-going programs throughout the year.

Family Night

This is like public ice skating - but on wheels at the velodrome. We encourage the whole family to come out for an easy spin every Wednesday at 6:00pm. We will have a **Track Patrol** coach there to assist you with bikes for the family and a few little pointers. This session is all yours to enjoy we will make sure of it. Bring a picnic lunch and you can watch the sun go down as you ride the summer night away.

Registration is on a drop-in basis. \$5.00 / person. Kids under age 10 are free.