



dismantle

Basic Maintenance 1

A practical introduction to the basics of bike mechanics

Topic	Content
Intro 15 min	<ul style="list-style-type: none"> - Lesson outline - Tools & equipment - Safety - Requests
Your bike 20 min	<ul style="list-style-type: none"> - Components - Likely problems - Sizing - Wear and tear - Further resources - Bike setup
Puncture Repair 30 min	<ul style="list-style-type: none"> - Identifying a puncture - Tire, tube & rim inspection - Replacing a tube - Avoiding punctures - Removing a wheel - Installing a wheel
Servicing 20 min	<ul style="list-style-type: none"> - Bike longevity - Cleaning - Correct storage - Lubrication
Chain repair 20 min	<ul style="list-style-type: none"> - Fixing broken links - Chain wear - Joining links - Replacement
Questions 15 min	<ul style="list-style-type: none"> - Q & A session - Benefits of cycling

The Basic 1 is a hands-on session covering the essentials of bike maintenance. Learn how to service your bike to keep it road ready and safe at all times. Also become confident with bike parts, basic tools, puncture repair and chain repair.

This course is perfect if you enjoyed the commuter express but want a more hands-on experience to further develop your bike knowledge.

Its also a great start out option if you prefer hands-on learning.

Ask about Dismantles Commuter Survival Kit and extensive range of services.



Don't forget to bring your bike!

for bookings call Dismantle on 0450669746 or email admin@dismantle.org.au