



Thursday, June 16, 2011

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Earn A Bike

- **Location:** #16 147 Templemont Lane NE
 - **Cost:** Free!
 - **Ages:** 11-15 years old
 - **# of participants:** Between 5 to 10 each session
 - **Dates and time:** Wednesdays, 4:00-6:00pm, during the school year. Earn A Bike is a drop-in program.
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To look at the unassuming townhouse in the Temple neighbourhood, you would never guess that it's a busy workshop teeming with life. Inside, boxes containing new bikes are ripped open, and a group of youth, tools in hand, begin to enthusiastically assemble the bikes. With the help of well seasoned bike mechanics, they expertly build the bikes, knowing exactly what part needs to go where. Once finished, the new bike will one day be given to one of the youth. It will be taken on many trips around Calgary, and may even be taken on a ride across Quebec. Welcome to Two Wheel View's Earn a Bike program.

This innovative program offers a wealth of fun occasions and learning opportunities. Each day of the Earn a Bike program starts with an open circle, where youth talk about how their week has been and what their goals are. After that, the opportunities are endless. They may go on a bike ride around Calgary, learn mechanic skills, build bikes, play games, watch movies, listen to music, chat, play geocaching, or even cook a mouth-watering dish. If that wasn't enough to keep youth from returning to the program, the perk for attending ten sessions will - their own bike.

Through these activities, youth increase their fitness, learn valuable skills, gain safety knowledge, explore their environment, and develop a sense of ownership. This year, participants are also learning how to give back. One girl has attended over 30 sessions and has earned three bikes. Instead of keeping these bikes, she has given all of them to her family and friends. This gesture inspired other participants, who have also committed to giving their bikes to others.

"I've earned and given bikes to my brother, my brother's friend, and my mom. I'm now working on getting one for my dad."

Earn A Bike participant

In addition to the Earn a Bike program, Two Wheel View offers Trips For Kids, in which they take participants from the Earn a Bike program on exciting cycling trips throughout the world. This summer, they will be taking around 20 youth from Calgary and Quebec on weeklong cycling expeditions around Banff and Quebec City. These trips expand cultural knowledge, build personal responsibility, enhance fitness and traveling skills, and are a lot of fun.

Two Wheel View also runs a similar program, Green Cycles, at the Good Life Community Bicycle Shop in Eau Claire Market on Thursdays. (Bicycle donations for the Earn a Bike Program are also accepted here).

For more information on the Earn A Bike program, contact Laura Istead at admin@twowheelview.org or visit their [website](#).



If you would like your program profiled in an upcoming newsletter, please email laura.stobbe@calgary.ca

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