

Helping Hand

Advancing your riding skills

You have completed the formal training to get your licence or recently returned to motorcycling and you're keen to get more enjoyment out of your riding. Come along and do Stay Upright's Intermediate course, increase your enjoyment, decrease your risk. The Intermediate course provides you with the opportunity to work on your skills at realistic speeds. Develop your confidence and skills in a safe and fun environment with our experienced instructors. We work on higher speed cornering, braking, counter-steering and manoeuvring techniques.

The Intermediate course is run over four hours at Eastern Creek and is a great first step in our track-based training programme.



2011 Courses at Eastern Creek

Intermediate	Monday 22 August	2011	Advanced I	Monday 22 August	2011
	Thursday 29 September	2011		Thursday 29 September	2011
	Monday 14 November	2011		Monday 14 November	2011
	Monday 5 December	2011		Monday 5 December	2011
			Advanced II	Monday 24 October	2011

Practice Sessions are now running at Botany

If you are preparing for your Pre-Provisional training or find it difficult to do those slow tight turns or want to work on your braking then consider doing a Practice Session. The Practice Session is suitable for anyone looking to improve their bike handling and braking skills. It is run every Friday evening at our Clyde Training Centre and in July we commenced running it at our Botany Training Centre on Sunday evenings. Please call our office on (02) 8824 9980 for available dates and times.



Manage the Road Course

Sunday 21 August 2011 at Clyde

Sunday 4 September 2011 at Botany

Sunday 18 September 2011 at Rouse Hill

Sunday 2 October 2011 at Botany

Sunday 23 October 2011 at Clyde

Sunday 27 November 2011 at Botany

Sunday 4 December 2011 at Clyde

Trail Bike Course at Dargle Farm

Saturday 5 November 2011