

MB Swindon Mechanic Course



Course Description

The **Mobile Cycle Medic MB Swindon Mechanic Course** gives participants the skills and knowledge required to undertake more complex tasks such as changing the chain, and installing a new gear derailleur. The course also includes practical sessions on disk brakes including changing pads and bleeding.

The course is delivered in two 3.5 hour sessions over 1 day and is typically run at weekends. Each session will have a maximum of 6 participants. Professional tools and work stands will be provided.

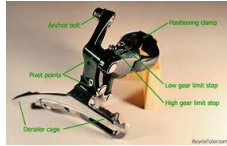
Programme

Sat 6th July 2013 9am -12.30pm Transmission 1pm - 4.30pm Brakes	£75 per person The price of each session includes unlimited tea, coffee and biscuits.
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Sessions

- Transmission: Fitting and indexing front and rear gear derailleurs. Replacing Chains
- Brakes: Brake cables, disc brakes – changing pads and bleeding.

Transmission



Learn how to correctly remove your old front derailleur, select a new derailleur that fits and will work with your chainset, how to install it and set up the indexing.

Learn how to change the jockey wheels, correctly remove your old rear derailleur, select a new derailleur that fits and will work with your sprockets, how to install it and set up the indexing. We also look at gear hanger alignment and that B screw and you get real experience of changing chains and removing stiff links



Brakes



Learn how to replace cables on Road and MTB Bikes. Using Shimano and Avid examples you will gain experience at changing pads and bleeding hydraulic systems.