



MX Training at NCMP!

Back by popular demand, we will be giving riding lessons at NCMP. We, at NCMP feel that education in the sport is directly proportional to the safety and sustainability of our riders. We will start training any rider on two wheels to any level desired in the sport, upon request. It doesn't matter if you have never ridden a dirtbike before, we will get you going safely and with great enthusiasm!

Our lessons will include:

- Safety & Protective Gear
- Basic Maintenance - Intro to your machine
- Braking & Body Position
- Cornering - Banked Berms, Flat Turns & ruts
- Jumping Technique
- Racing - A Complete Guide for beginners
- Starts / Holeshots (racers)

The little things, understanding the terrain, line selection & suspension
Nutrition & Fitness

Please email us with your interest and we will get you scheduled! Lessons available during the week or weekends. We have several instructors that are very accomplished in the sport and we can accommodate any rider.

All rates include the daily riding fee at the park. All rates are individual rates.

Individual:	2hrs \$100	4hrs \$150	6 hrs \$200
Group 2-5:	2 hrs \$75	4hrs \$100	6hrs \$150
Group 6-5:	2 hrs \$50	4 hrs \$75	6 hrs \$100