

Introductory group

Tuesdays 6-8pm
Sundays 11am

Whiteway or Lake Lillian trail system
depending on conditions
Sunday sessions start at 11am

Cost
\$200/person

**Adult programs need the
Tri-area Pass**

Structure

- Program runs January to the beginning of March
- Program is twice a week.
Tuesdays -> instruction
Sundays -> practice sessions
- Participants need to have their own ski equipment

Details



This Introductory ski program is for those who are relatively new to Nordic skiing, just getting back into the sport after a period of time, or want to build up their confidence and technique before moving to an intermediate level

There is an emphasis on skills and technique for both classic and skate skiing such as safe downhill ski and uphill techniques, basic ski care and waxing .

The coaches will help you build confidence so you can ski longer with less effort all while having a great time and meeting new ski buddies in the process!

This is a 8 week program



REGISTAR
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