



Adult Intermediate Lessons 2010-2011

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Program Dates:** Saturday, January 8th to Saturday, March 12th 2011
- Program Times:** Saturday afternoons from 1:30 to 3:30 p.m.
- Location:** Bonnenfant YMCA-YWCA Outdoor Centre at 1620 Sixth Line Road, Kanata
- Program Prices:** *Before October 1st: \$65.00*
After October 1st: \$80.00

PROGRAM DESCRIPTION

This program builds on the ski techniques taught in the Adult Novice Program. It is intended for those who have either completed the Adult Novice program or have developed a good basic classic technique elsewhere and would like to hone their skills to become more efficient cross country skiers. In addition to classic, we will also work on skate skiing technique. Please Note: If you would prefer to ski Saturday mornings with an Intermediate Group that may include skiers from their teens to retirees, then please look at the separate Challenge/ Intermediate Touring Program description.

During these Saturday sessions, which build upon one another, *we will cover the following:*

- 1) Review of contemporary cross country equipment and basic waxing techniques
- 2) Classic diagonal stride to improve efficiency (with emphasis on weight shift and glide and poling)
- 3) Review of turning and stopping techniques
- 4) Downhill technique – (skiing in control: Snow plow, step turns, double pole)
- 5) Climbing uphill: Herring bone, side step, classic technique (including running up hill)
- 6) Skate-skiing: Refine the technique, depending somewhat on the progress of the group
- 7) Learning to use the terrain to your advantage to be an efficient skier: Which technique for which terrain?

Kanata Nordic programs are subject to the will of Mother Nature. We generally follow Cross Country Canada's guidelines in terms of program cancellation. This means programs will be cancelled if conditions are unsafe (for example, very icy) or temperatures are below acceptable limits. We attempt to reschedule cancelled events but this is at the discretion of group leaders and subject to their availability. In addition, during the 2010-2011 season there may be construction at the Y Bonnenfant Outdoor Centre that, for safety reasons, will result in the relocation of some programs to other suitable venues. The Club will attempt to give its members as much notice as possible for program changes caused by weather or construction and we thank you for your understanding.

CONTACT INFORMATION

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www.kanatanordic.ca