



Adult Intermediate Lessons 2013-2014

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Program Dates:** Saturday, January 4th to Saturday, March 8th 2014
- 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 November 1st: \$65.00*
November 1st and Beyond: \$80.00

PROGRAM DESCRIPTION

This program is intended for those who have developed a good basic classic technique and would like to hone their skills to become more efficient cross country skiers. It builds on the basic ski techniques taught in adult novice. In addition to classic, work on skate skiing technique will be offered. 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 Adult Touring Program description. Group size will be limited to 12 Skiers, but we will keep a waiting list and notify if openings arise later in the program.

The Adult Intermediate group will provide a progressive approach that will cover the following:

- 1) Review of contemporary cross country equipment and basic waxing techniques
- 2) Classic diagonal stride with emphasis on improved on weight shift and glide and poling
- 3) Review of turning and stopping techniques
- 4) Skiing down hills (skiing in control: Snow plow, step turns, slide slip)
- 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. The Club will attempt to give its members as much notice as possible for program changes caused by weather or other reasons and we thank you for your understanding.

CONTACT INFORMATION

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