



# Adult Novice Lessons 2011-2012

KANATA NORDIC SKI CLUB

*Come ski with us this winter!*

## PROGRAM INFORMATION

- Program Dates:** Saturday, January 7th to Saturday, March 10th 2012
- 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 3rd: \$65.00*  
*After October 3rd: \$80.00*

## PROGRAM DESCRIPTION

This program is intended for beginners as well as those who have some skiing experience, but would like to “brush up” on their technique. In addition to Adult Novice Lessons, we also intend to offer an Adult Intermediate/Touring program for skiers with a season or two of experience. Please see separate program description for details.

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

- 1) Review of contemporary cross country equipment
- 2) Basic waxing techniques
- 3) Start at the beginning: Falling down and getting up
- 4) Classic diagonal stride (with emphasis on weight shift and glide)
- 5) Turning and stopping
- 6) Downhill technique (skiing in control: Snow plow, step turns, double pole)
- 7) Climbing uphill: Herring bone, side step, classic technique
- 8) Learning to use the terrain to your advantage to be an efficient skier: Which technique for which terrain?
- 9) Introduction to skate skiing (depending on the progress of the group and interest)

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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