



## Avalon Nordic Ski Club

### Membership Fees – 2016/2017

Club Membership is required in order to register for club programs	
Membership Options	Fees
Family	\$140 (\$133 before Dec 1)
Adult Individual	\$85 (\$80.75 before Dec 1)
Student Individual	\$55 (\$52.25 before Dec 1)
Senior Individual	\$75 (\$71.25 before Dec 1)

### Program Description 2016/2017

Junior Development Programs (\$10 discount per child after first child)				
Program Name	Description	Location	Day and Time	Regular Fee
Bunny Rabbit	5 and under will learn to cross country through play and discovery. Parents must accompany their child.	Pippy Park Winter Activity Centre	From January 7 <sup>th</sup> to March 11 <sup>th</sup> 2017. Tuesday evenings 6-7pm or Saturday morning 930-1030am	\$75
Jackrabbit	6 to 9 years old will learn basic cross country ski skills (skate and classic) through games		From January 7 <sup>th</sup> to March 11 <sup>th</sup> 2017. Tuesday evenings 6-7pm or Saturday morning 930-1030am	\$75
Track Attack	Children that are 10 to 12 years old will be introduced to dryland training and on snow cross country ski activity	Various locations around St John's during the fall season, Pippy Park Winter Activity Centre during the winter	Fall (Start Sep. 13): Tuesday evenings 6:00-7:30pm. Winter (Start Jan. 7): Tuesday evenings 6:00-7:30pm and Saturday mornings 9:30am-11:00pm	\$75 Fall \$150 Winter
Challenge Group	11 to 15 years old. Fun group environment for beginners and intermediate cross country skiers that are interested in exploring the competitive side of skiing or improve fitness	Various locations around St John's during the fall season, Pippy Park Winter Activity Centre during the winter	Fall and Winter (Start Sept 6 - End March): Tuesday and Thursday evenings 6-7:30pm and occasional weekends.	\$150 Fall \$150 Winter
Avalon Nordic Ski Team	Competitive ski team for cross country skiers ages 13 years and older.	Various locations around St John's during the fall season, Pippy Park Winter Activity Centre during the winter	Fall and Winter (Start Sept 6 - End March): Tuesday and Thursday evenings 6:00-7:30pm and occasional weekends.	\$150 Fall \$150 Winter

Master Programs				
Program Name	Description	Location	Day and Time	Fees
Master's (END)	Group training for competitive and none competitive adult cross country skiers	Various locations	Fall and winter (October 6 to March 15): Thursday evenings 6:00-7:30pm and Sunday 9am-11am	\$250 Fall and Winter
Lunch Time Lesson's (none members welcome)	Technique sessions for competitive and none competitive skiers	Pippy Park Winter Activity Centre	January 3th to March 16th Tuesday and Friday 12-1pm	None Members
				\$150
				Members
				\$100
				END Program
				\$50



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