



Avalon Nordic Ski Club

Lunch Time Lessons 2016/2017

Note: Club Membership is **NOT** required in order to participate

For more information on Avalon Nordic Programs, Please contact Jeff Cameron – jeff@avalonnordic.ca

The lunch Lessons endeavours to provide a comfortable and productive environment for technique and ski skill development a lower traffic time during day light hours. The sessions will allow participants to have instruction by a professional instructor focusing on specific skills and techniques. Both classic and skate techniques will be covered and lessons will be tailored to the individual/groups specific needs.

What you get:

- Skill and technique development during daylight hours in a lower traffic timeframe
- Instruction in both classic and skating technique
- Program that builds skill and technique through the winter with specific improvement targets
- Tuesdays and Friday 12 noon to 1pm
- Reduce rate for the END Program Participants
- Open to both ANSC Members and Non-Members

Start Date: Tuesday, January 10th (snow dependent) 2017 @ 12 noon

Location: Pippy Park Winter Activity Centre

Duration: 10 weeks of sessions – January through to March 14th

Weekly: Tuesdays and Friday @ 12 noon to 1pm

Cost and Registration

\$100 – Avalon Nordic Ski Club Members

\$50 – END Program Participants

\$150 – Non-Members (**no online registration for non-members**) - Please contact jeff@avalonnordic.ca in order to register for the program.

***Drop in fee (cash only) will also be available**

Online registration at: <https://zone4.ca/regc.asp?id=13192&lan=1&cartlevel=1>



AltaGas



VOLVO NL