



Avalon Nordic Ski Club

Bunnies Program 2017/2018

Note: A Club Membership is required in order to participate in Programs

For more information on Avalon Nordic JD Programs, Please contact Junior Development Coordinator–
AvalonNordicRocks@gmail.com

Schedule for our Bunnies program

Option of Tuesday evenings (6-7pm) or Saturday morning (10:00 to 11:00am). The program will start on January 9th for the Tuesday evening group and January 6th for the Saturday morning group. Lessons will finish in Mid March. We will be doing dryland sessions if we don't have snow!

Bunnies program

The **Bunnies Program** is the first level of the **Active Start** stage of development (children 4-5 years of age). Each child enrolled in the program will receive a toque. The objective of the program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children with the opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment

Registration Online at <https://zone4.ca/register.asp?id=16978>



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