



## Avalon Nordic Ski Club

### Bunnies Program 2016/2017

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

For more information on Avalon Nordic Programs, Please contact Jeff Cameron – [jeff@avalonnordic.ca](mailto:jeff@avalonnordic.ca)

#### Schedule for our Bunnies program

Option of Tuesday evenings (6-7pm) or Saturday morning (9:30 to 10:30am). The program will start on January 3<sup>rd</sup> for the Tuesday evening group and January 7<sup>th</sup> for the Saturday morning group. Lessons will finish in late 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/regc.asp?id=13192&lan=1&cartlevel=1>



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