



Avalon Nordic Ski Club

Lunch Time Lessons 2017/2018

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

For more information on Avalon Nordic Programs, please contact avalon.nordic@gmail.com

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 - 12 noon to 1pm
- Open to both ANSC Members and Non-Members

Start Date: Tuesday, January 9th (snow dependent) 2018 @ 12 noon

Location: Pippy Park Winter Activity Centre

Duration: 10 weeks of sessions – January through to March

Weekly: Tuesdays @ 12 noon to 1pm

Cost

\$5 – Drop in Fee for Avalon Nordic Ski Club
Members
\$15 – Drop in Fee for Non-Members

Register for the Avalon Nordic Ski Club Online: <https://zone4.ca/register.asp?id=16978>

