



Avalon Nordic Ski Club END Programs 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

- Meet new ski partners and improve your skiing skills in a fun group environment
- Improve classic and skating technique
- Work with a professional coach to achieve training and personal goals
- Open to intermediate and above
- Train or learn - follow the track to suit your needs
- Introduction to ski racing for those interested
- Six Months of group instruction, fitness and skiing
- Option for training program for those interested
- Registration for END program is part (add-on) of the club membership process on Zone4

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

Fall 2016

October 6 through December 22, 2016

Meeting Thursday Evenings 6pm to 7:30pm and Sunday Mornings 9 to 11 am

Thursday evenings will be an intensity workout including ski striding, hill bounding, intervals, and similar activities. Sunday mornings will be a low intensity endurance workout.

Wednesday evenings through the fall until early December there will be a group run leaving from the Outfitters on Water St. at 6pm

Winter 2017

December 29, 2016 through April 2, 2017

Meeting Thursday Evenings in the Pippy Park Trailer Park from 6pm to 7:30pm and Sunday mornings from 9 to 11am (Location TBD)

Thursday evenings will be a warmup, ski technique instruction, followed by some intensity workout. Sunday mornings will be a low intensity endurance workout with ski technique sessions



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