



With funding from Cross-Country Canada & Cross-Country NL,  
The Avalon Nordic Ski Club is offering:

# Para-Nordic

# Accessible Cross-Country Skiing



**For  
All Ages  
&  
Abilities**

- ✓ Do you have a physical disability, are visually impaired, or know someone who is?
- ✓ Do you have an interest in learning how to ski?
- ✓ Do you want to enjoy the outdoors this Winter?

For more information, contact:

**Daniel Rees**

**Program Lead & Coach**

**Email: [dbr576@mun.ca](mailto:dbr576@mun.ca)**

- **No Prior Experience Necessary**
- **No Cost & All Equipment Provided**
- **Personalized 1-on-1 Sessions**
- **Skiing at Pippy Park, St. John's**