

Cross Country Skiing – Beginner Adult Lessons

A great way to explore the River valley, get fit and have winter fun!
All lessons are at Kinsmen Park and include Equipment

Classical Lessons: Learn the basic techniques of classical skiing including diagonal striding, stopping, turning, falling safely as well as hill techniques. Get the scoop on clothing and equipment selection, waxing, and trail etiquette.

Classical Saturdays (3hrs)

Price: \$29

Time: 9:30am to 12:30pm

Dates:

December 18	(code 379799)
January 8	(code 379800)
January 22	(code 379803)
January 29	(code 379805)
February 26	(code: 379809)
March 5	(code: 379808)

Time: 1:00pm – 4:00pm

Dates: December 18	(code 379797)
January 8	(code 379798)
January 15	(code 379801)
January 22	(code 379802)
February 26	(code 379806)
March 5	(code 379807)

Classical Weekdays (4 hrs)

Time: 6:30pm – 8:30pm

Price: \$35

Dates: January 4 and 6	(code 379792)
January 17 and 19	(code 379793)
January 31 and Feb. 1	(code 379794)
February 14 and 16	(code 379795)



Family Learn to Cross Country Ski

Get outside with your family as you learn the basics of classic cross country skiing, Learn turning, stopping, falling safely as well as hill techniques in a safe and fun environment for the whole family. Get the scoop on clothing and equipment selection, waxing, and trail etiquette, all while learning new and fun winter games.

Price: \$29

Time: 1:00pm – 4:00pm

Dates: January 15 (code 379842) – cancelled

NEW! January 29 (code 379804)

Snowshoeing

Discover Edmonton's River Valley in the wintertime. Learn about the history of winter travel then explore the natural beauty of Kinsmen Park with modern equipment. Enjoy a guided snowshoe walk followed by hot chocolate and bannock making over the fire.

Kinsmen Park, Equipment included

Price: \$14/participant or
(recommended: 8yrs or older)



Dates: January 9 from 1:00 to 3:00pm
(code 379847) - cancelled
Sweetheart Snowshoe
February 14 from 6:30 to 8:30pm
(code 379846)

We offer similar programs for groups, schools and organizations. Please call 496-2983 for information.

TO REGISTER:

Call **311**

On line web <http://ereg.edmonton.ca>

In person any City of Edmonton
Leisure Centre
(code 390463)