

## Castlegar Nordic Ski Club Jackrabbit Class Schedule 2011-12

**Location:** Paulson Cross-country ski trails, 5 minutes past Nancy Greene Lake on Highway 3, park in the second parking lot by Mud Lake.

**Cost:** Bunnyrabbits: \$25.00 before Nov. 6/2011, \$30.00 after Nov. 6/2011  
Jackrabbits: \$40.00 before Nov. 6/2011, \$45.00 after Nov. 6/2011  
Track Attack: \$50.00 before Nov. 6/2011, \$55.00 after Nov. 6/2011

**Bunnyrabbits:** (4-5 year olds and occasionally 6 year olds):

Start date: Sunday December 4<sup>th</sup>

1:30pm -3:00pm (Class time is an hour, the last ½ hour is for hot chocolate and snack)

No class December 25<sup>th</sup>

End date: Sunday March 4<sup>th</sup>

**Jackrabbits Levels 1-4 (6-12) & Track Attack (12+ experienced skiers) :**

Start date: Sunday December 4<sup>th</sup>

1:30pm -3:30pm (Class time is 1 ½ hours, snack time afterwards)

No class December 25<sup>th</sup>

End date: Sunday March 4<sup>th</sup>

All students are encouraged to enter the following races (especially Level 3 & 4 and Track Attack):

January 14<sup>th</sup> & 15<sup>th</sup>, Kootenay Cup in Kimberly

Feb 11<sup>th</sup>, Kootenay Cup in Nelson

February 12<sup>th</sup>, Troll Loppet at Castlegar Nordic ski trails (class on the 12th will be the Loppet)

March 3<sup>rd</sup> & 4<sup>th</sup>, Kootenay Cup and Loppet in Rossland

### **Parent Duties:**

Please arrive a few minutes early so that children are ready to ski at 1:30pm that way the children benefit from the full use of the instruction time.

All parents must take a turn bringing a snack for the program and on this same day will be the hut attendant for any child who needs to go back to the hut. Sign-up sheet will be in the cabin on the first day.

Please ensure your children are dressed for the weather. For cross-country skiing it is important to take note of temperature and winds and dress accordingly and in layers (no cotton if possible, especially no cotton socks).

Your child(ren) will benefit most from the program if they get out skiing at least once other than lesson time, before or after lesson works well or any other time during the week.

Information regarding the program, special events, races etc. will be sent via email so please check your email regularly. If you do not have an email address you will get a phone call or be told at lesson time.

### **Co-ordinator and Contact Person:**

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