

# goNordic Skiing Lessons Jan – Mar 2019

## ***Learn to Skate Ski – Monday nights 6 – 8pm***

2 Hour lesson, get started with the basics. Main focus will be on free skate and one skate. Small group size; minimum 2 people, maximum 8

**COST: \$40/2 hour lesson**

Dates:

Jan 7

Jan 21

Feb 11

Feb 25

## ***Intermediate Skate – Monday Nights 6 – 8pm***

2 hour lesson – work on your skate ski skills, pick up new ones, refine those you already have, improvement time. Small group size; minimum 2 people, maximum 8

**COST: \$40/2 hour lesson**

Dates:

Jan 14

Jan 28

Feb 18

Mar 4

## ***OTHER LESSON OPTIONS: Private/Semi-Private – Skate or Classic***

Private: 1 person \$50/hour

Semi-Private: 2 – 3 people \$40/person/hour

Small Group Private: 4 – 6 people \$35/person/hour

### ***NOT included:***

Trail pass

Rentals

Both need to be paid for prior to the start of your lesson. Limited skate ski rentals, recommended to arrive early to get outfitted with gear.

### **Registration/Inquiries:**

Contact **Lisa Palechuk** with goNordic Skiing via email or cell

[lvtoski3@gmail.com](mailto:lvtoski3@gmail.com)

250-819-7034 Cell

# **Overlander Ski Club / City of Kamloops Classic**

## **Lessons:**

Overlander Ski Club and the City of Kamloops have partnered to offer beginner learn to classic ski lessons for adults (16 yrs +).

For more information or to register please go to City of Kamloops online Activity Guide:

<https://www.kamloops.ca/parks-recreation/schedules-programs-and-activities/activity-guide>