

goNordic Skiing – Adult lessons

Learn to Classic Ski – 3 week program (4.5 hours instruction) \$75/person

This program will focus on basic ski technique and is ideal for the beginner or novice skier. This is a partnership program between City of Kamloops and Overlander Ski Club, with instruction from goNordic Skiing.

- Jan 13, 20, 27 9 – 10:30am
- Feb 3, 10, 17 9 – 10:30am

NOTE: registration for this program is through City of Kamloops. Registration opens Dec 13

Beginner Skate Ski – 3 week program (4.5 hours instruction) - \$80/person

Always wanted to learn to skate ski? This program will focus on the basics of skate skiing with an introduction to the various techniques and when to use them. Highly recommended that you can classic ski and have understanding and ability to balance on one ski.

- Jan 8, 15, 22 6:30 – 8pm
- Jan 13, 20, 27 12:30 – 2pm

NEW DATES just ADDED!

- Feb 6 – 6:30 – 8pm & Feb 10, 17 12:30 – 2pm (Tuesday night + 2 Saturdays)

Intermediate Skate Ski – 3 week program (4.5 hours instruction) \$80/person

Have you been skate skiing for a few years but still feel like your struggling? Looking to get more efficient with your technique? This program will focus on refining your skate ski skills and help you climb and glide along the trails with less effort!

- Feb 5, 19, 26 6:30 – 8pm

Private, Semi-Private & Small Group Lessons

Above dates don't fit? Have your own small group? Want something customized to your needs? goNordic skiing offers private, semi-private and small group lessons as well.

Private Lessons (1 person)- \$50/hour

Semi-private Lessons (2 people max)- \$75/hour

Small Group Lessons (3 – 4 people max)- \$35/person/hour

Contact **Lisa Palechuk** @ goNordic Skiing with questions, inquiries or registration of programs or customized ski lessons.

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