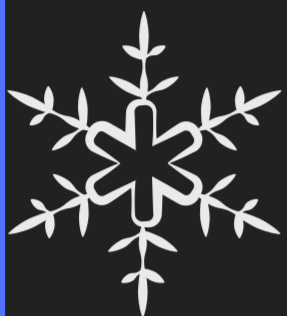




ADULT SKI PROGRAMS

RECREATION, FITNESS, SKILL-DEVELOPMENT, RACING AND CROSS-COUNTRY SKI FUN FOR THE WHOLE FAMILY



LEARN TO SKI

\$60, Sat 1-2pm. 4 sessions. Jan or Feb programs. Classic or skate technique. Beginner skiers.



RECREATIONAL TECHNIQUE

\$110, Sat 1-2:30pm. Dec 1-Feb 24. Enhance both classic and skate techniques. Intermediate skiers.



GET FIT

\$180, Sat 12:45-1:45pm. Dec 1-Mar 2. On snow fitness and technique with Lappe's Head Coach. Intermediate to advanced skiers.



SKI TEAM

\$275-\$625, 1-3 days/ week (Tues & Thurs 6pm, Sat 9:30am). Full year, fall/winter or, winter only. Fitness and technique with option to prep for races with Lappe's Head coach. Intermediate to advanced skiers.

Club Memberships: Single \$25, Couple \$45, Family \$55. Affiliation fees: \$20/ program participant
Lappe Nordic Ski Centre provides trail pass options

GET ACTIVE OUTDOORS WITH LAPPE NORDIC SKI CLUB

WWW.LAPPENORDIC.CA