

Eastern Canada Para-Nordic Learn to Ski Days – (March 1 & 2, 2008)

Are you interested in new challenges while meeting new people and socializing? If you like winter and enjoy the thought of having fun and getting fit while enjoying the beauty of nature, then this is opportunity is for you. [Cross Country Canada](#) (CCC), [Cross Country Newfoundland & Labrador](#) and [Blow Me Down Cross Country Ski Club](#) are offering you the chance to come out, have some fun and learn to Cross Country Ski. This event is for all level of abilities. Participants, volunteers and guides who have an interest in adaptive skiing will all benefit from this experience.

WHEN: Saturday, March 1st & Sunday, March 2nd, 2008

WHERE: Blow Me Down Ski Club, Corner Brook, Newfoundland

COST: **FREE**

SCHEDULE:

March 1	11:00 AM – 1:00 PM	On Snow adaptive skiing (standing or sit-ski option). Focus on technique and comfort with equipment.
	1:00 PM – 2:00 PM	Lunch break and discussion on para-nordic skiing. Café service available.
	2:00 PM - 3:00 PM	Continue instruction on adaptive skiing.
March 2	11:00 AM – 1:00 PM	On Snow adaptive skiing (standing or sit-ski option). Focus on trail skiing and varied terrain.
	1:00 PM – 2:00 PM	Lunch break and discussion. Café service available.
	2:00 PM - 3:00 PM	Continue instruction on adaptive skiing with possible skate ski/trail ski option.

Please register with Joyce Bridgett at jbridgett@cccski.com or by calling 705-428 5079 by February 21st. Please provide your height, weight and boots size as well as some information about your disability so that appropriate equipment and support can be arranged.

If you plan to join us from out of town, please indicate at the time of registration. Some financial assistance may be available where applicable.

Joyce Bridgett CCC
Para-Nordic Development Coordinator – East