



[www.arrowheadnordic.ca](http://www.arrowheadnordic.ca)

# Ski for Fitness!

## Adult Ski Lessons

In a friendly and non-competitive class for adults **who can already ski at any level**, *Ski for Fitness!* is for people who want to improve their skiing and fitness. Each person will work at his or her own pace and level.

We will have fun! (This is NOT a program for hardbodies only!)

**Saturdays - 1:10 pm to 2:50 pm**

***Ski for Fitness! Classic:*** Four classes **January 8, 15, 22, 29, 2011**

***Ski for Fitness! Skate:*** Four classes **February 5, 12, 19, 26, 2011**

***Ski for Total Fitness! Classic and Skate:*** Eight 2-hour classes on dates above

For further information: [drewh@vianet.ca](mailto:drewh@vianet.ca),  
or see us Saturday October, 2010, 10-12, Clubhouse, Arrowhead Park

### Program Fees

**Ski for Fitness! Classic \$75\***

**Ski for Fitness! Skate \$75\***

**Ski for Total Fitness! \$140\***

*\*Fees do not include \$20 membership in Arrowhead Nordic Ski Club. Club membership is required for insurance purposes and entitles you to enjoy our social events and weekly night skis, as well as receive discounts in some local businesses! Arrowhead Provincial Park trail pass is also required to ski in the park. Season's trail pass for one adult is \$90.27 +HST. Day pass is \$8.41 +HST. The Park offers discounts for seniors, families and children.*

**Arrowhead Nordic Ski Club is a non-profit community club**

## Adult Beginner Lessons

We will be offering one or two adult beginner clinics. Call for details and prices.