

## H.O.C. All About Ski Lessons 2018/2019

The Club offers both classic and skating instruction for cross-country skiers.

If you have any questions about lessons, you may contact the Ski Director, Jim Blair at [skiing@haltonoutdoorclub.ca](mailto:skiing@haltonoutdoorclub.ca).

You can also email the club at [info@haltonoutdoorclub.ca](mailto:info@haltonoutdoorclub.ca) or call the club phone number 905 634-2012 or 1 877 877-4550.

### Overview:

Brief descriptions of the class levels follow. If you would like more detail to help determine the appropriate level of instruction for you, please see the document "Ski Proficiencies".

Level 1 is mainly for new skiers and focuses on the fundamental skills needed in order to enjoy skiing on the easier trails of the resorts. It is also an appropriate level for those who may have done a little skiing several years ago and are returning to the sport.

Level 1 Refresher is a skill-based clinic designed for beginner skiers who have taken the Level 1 full day lesson but are not ready for Level 2. It will review basic skills in order to give the skier added confidence as the ski season progresses.

Level 2 lessons are in the form of skill-based clinics and are intended for skiers who have some experience and reasonable confidence on skis. These clinics will help you ski more efficiently and confidently uphill, downhill and on the level.

Level 3 lessons are also in the form of skill-based clinics and are for more experienced skiers who are competently and confidently using Level 2 skills. The clinics will help you to refine skills and help you to ski more efficiently.

Level 1 Lessons are scheduled at the beginning of the season in order to give new skiers the confidence to ski on their own as early as possible.

As much as possible, Level 2 and Level 3 Ski Better Clinics are scheduled prior to the club's extended ski trips in order to give skiers an opportunity to improve their ability and confidence. We have not scheduled as many Ski Better Clinics during the times that our extended trips are taking place. This is due to both student and instructor availability.

### Level 1 Details:

Level 1 Lessons are a full day in length, with a break over the lunch hour.

Dates for the Level 1 lessons, (as well as back-up dates in case the lessons have to be postponed due to weather or snow conditions) are as follows:

Group 1: Saturday December 29 (backup date Saturday, January 5)

Group 2: Sunday January 6 (backup date Sunday, Jan 13).

Follow Up Lesson (Group 1 and 2): Saturday January 19

For the Follow Up lesson, the instructors take students out on the trails for the morning to provide further instruction and to help skiers gain confidence and trail experience. We recommend that all students come to the follow-up to practice their new skills and to receive individualized tips from the instructors. For the follow up day, **students must register in the usual way for the day trip**, including paying the bus fare. The trail fee will be collected on the bus. There is no extra charge for the instruction being offered on this day. If the follow-up has to be cancelled, it will not be rescheduled.

Level 1 Lesson registration dates are as follows:

November 2: Registration opens

November 2 – December 9: Early Bird registration rate of \$100.

December 10 – December 21: Full Price registration rate of \$110.

December 21: Registration closes

December 21: Deadline for cancelling lesson without penalty. After December 21, lesson cancellations will NOT be refunded.

**The registration fee includes bus fare, trail fee, and instruction.** To register, go to the Events Calendar on our website and click on the Level 1 lesson that you want to take. Fill out the registration information and make your payment. You will receive a confirmation email after completing a successful registration. Level 1 skiers may choose between a Saturday or Sunday lesson. However, if you are flexible and can attend either the Saturday or Sunday lesson, please indicate this on the form, as it will help us balance out the student numbers if required.

To cancel a lesson, you must contact our club manager directly: 905 634-2012 or e-mail [info@haltonoutdoorclub.ca](mailto:info@haltonoutdoorclub.ca) . There are no online cancellations. See deadlines above.

Venues may vary from those published if road or trail conditions require a destination change. Prior to the trip please check under 'Bonnie's Bulletin' on the website to confirm trip status. Trail fees and facilities, including food availability, vary from venue to venue.

Your instructor will be in touch with you by e-mail prior to the lessons. In the meantime be sure to read all the useful information on the various ski documents found on the ski schedules page of the website.

### **Ski Better Clinics Details**

These half day clinics are designed primarily for Level 2 and Level 3 skiers. Instruction will take place in small groups focusing on specific skills with the goal of improving skiing efficiency. Clinics take place in the morning, allowing skiers to practice and enjoy the trails on their own in the afternoon.

Ski Better Clinics appear on the Ski Schedule and on the Events Calendar, where the date, level, and the targeted skills are noted. You will pre-register and pre-pay for clinics on-line at the same time as you register and pay for your day trip. **The cost is \$50 and this price includes the bus fare and instruction.** Trail fees will be collected on the bus. Registration and cancellation dates and deadlines for Ski Better Clinics are the same as for the day trips. There are no online cancellations; you must contact the club office to cancel. Clinics will have a maximum of 8 and a minimum of 3 students.

If we must change venues due to weather or snow conditions and the new venue is not suitable for teaching, then the clinic may have to be cancelled. If a clinic is cancelled by the Club for any reason, you will receive a refund for the full amount of the clinic. **There are no back up dates if a clinic has to be cancelled.**

### **Skate Skiing Details:**

Skate ski clinics are offered at entry level and are suitable for novice cross-country skiers and for experienced classic skiers who want to learn to skate ski. Clinics take place in the morning, allowing skiers to practice and enjoy the trails on their own in the afternoon. You will need specific skate ski equipment i.e. skis, boots, poles, all of which are different from classic ski equipment. If you do not own your own skate skis we strongly recommend renting, not buying.

Skate Clinics appear on the Ski Schedule and on the Events Calendar. You will pre-register and pre-pay for clinics on-line at the same time as you register and pay for your day trip. **The cost is \$50, and this price includes the bus fare and instruction.** Trail fees will be collected on the bus. Registration and cancellation dates and deadlines for Skate Clinics are the same as for the day trips. There are no online cancellations; you must contact the club office to cancel. Clinics will have a maximum of 8 and a minimum of 3 students.

If we must change venues due to weather or snow conditions and the new venue is not suitable for teaching, then the clinic may have to be cancelled. If a clinic is cancelled by the Club for any reason, you will receive a refund for the full amount of the clinic. **There are no back up dates if a clinic has to be cancelled.**