

H.O.C.
All About Ski Lessons 2022/2023

This winter the Club offers classic ski instruction for cross-country skiers.

If you have any questions about lessons, you may contact the Club Manager, Cheryl McCarney, at info@haltonoutdoorclub.ca or call the Club phone number 905 634-2012 or 1 877 877-4550.

Overview:

For winter 2022/2023, we are offering a “Lessons Day” on Sunday January 8. On this day, our goal is to fill a bus with Level One skiers. Level 2 and Level 3 Ski Better Clinics will be offered later in the season as part of a regular day trip. Brief descriptions of the lesson levels follow. If you would like more detail to help determine the appropriate level of instruction for you, please see the document “Ski Proficiencies” on our website.

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 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. Level 1 groups consist of a maximum of 12 students with two instructors. A follow up is offered one week after the lesson. The dates are as follows:

Level 1 Lesson: Sunday January 8, 2023

Follow Up: Sunday Jan 15, 2023

If a back-up date is necessary, we will notify participants as early as possible.

For the Follow Up lesson, the instructors take students out on the trails for the morning to provide further tips and tricks 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 and trail pass at the time of registration. 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 8: Registration opens

November 8 – December 15: Early Bird registration rate of \$115. **(Pricing may be subject to change)**

December 16 – December 30: Full Price registration rate of \$125. **(Pricing may be subject to change)**

December 30: Registration closes.

December 30: Deadline for cancelling lesson without penalty. After December 30, members cancelling ski lessons will NOT be refunded.

The registration fee includes bus fare, trail fee, and a full day of instruction. To register, go to the Events Calendar on our website and click on the Level 1 Lesson on January 8. Fill out the registration information and make your payment. You will receive a confirmation email after completing a successful registration.

Ski Rentals are not included in the lesson price. Your instructor will provide information on rental costs and procedures prior to the lesson.

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

The venue may vary from that published if road or trail conditions require a destination change. Prior to the trip, please check under 'Event Cancellations and Updates' on the website to confirm trip status. 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 & Snowshoe Day Trips and Lessons page of the website.

Ski Better Clinics Details

These half day clinics are designed 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 price for Ski Better Clinics includes the bus fare, trail pass and instruction and will be shown on the registration page. 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. Back-up dates for Level 2 and Level 3 clinics are not scheduled.

Skate Skiing Details:

Regretfully, we are not offering Skate Skiing Clinics in 2022/2023. We hope to reintroduce skate clinics in the future. Individual skate ski lessons may be able to be arranged. Please contact our Club Manager for further details.