



Introductory Adaptive Cross Country Ski Clinic

Skiing is Believing

Saturday December 17th &
Saturday January 13th
10am to 3pm
Whistler Olympic Park

Try cross country skiing from BC Para-Nordic Team Coaches and former Paralympians. If you've skied before and want to come back to the sport, this invite is for you too!

Just \$25 to participate

Ski equipment rental, trail pass and coaching for you and your guide/support person are all included. You may bring one guide/support person/family member for free! There will be a shuttle that will pick up participants from Sigge's Sport Villa in Vancouver at 8:00am and 8:30am at St. David's Church in West Vancouver. Full itinerary provided to those who sign up.



Minimum mobility standards:

Wheelchair users: Able to transfer with minimal assistance and have enough upper body strength to move your own bodyweight in a sled. Support staff does not push or tow athletes in our programs.

Standing skiers: Includes blind & visually impaired as well as amputees, cerebral palsy, muscular dystrophy, etc. Must be able to stand and walk at least 400m with or without walking aids such as a cane or crutches but without assistance from another person.

Registration deadline for the December 17th clinic is midnight Thursday Dec 14th.

For more information or to sign up visit:
nordicracers.ca/adaptiveclinic

Questions? Email adaptive@nordicracers.ca



Nordic Racers Ski Club
VANCOUVER, BC