



Cross Country Ski Lesson

Overview

In partnership with Trail Sports at the Canmore Nordic Centre, RMA offers lessons to groups of individuals with disabilities. Cross country sit skis may be available for individuals with mobility challenges.

Event Details

Upon arrival the first hour will be spent fitting boots, skis and poles at Trail Sports. The lesson will then take two hours. Groups will be formed based on skill level (this must be pre arranged). Trail Sports instructors will teach lessons, supported by RMA staff and volunteers. Caregivers may also be present. The lesson portion will last 2 hours. After this time, guests are welcome to practice skills with RMA staff and volunteers.

Requirements

Skill Level: Lessons are available to beginner and intermediate levels and groups will be formed accordingly.

Gear: Cross country ski gear (available to rent on location), warm Layers, Ski Jacket and Pants, Gloves, Backpack for Extra Layers. Cross country skis may be available for use.

Other: Each individual will be required to be fitted for ski boots, skis, and helmets prior to lesson time. All guests must complete health information and waiver forms. Caregivers and Program leads must complete a Waiver. Trail Sports will also require an equipment Waiver to be signed for all rental users/caregivers.

Availability

November – March

Schedule*

9:00am - 1:00pm or 1:00pm - 5:00pm

Location

Canmore Nordic Centre

Group Size

5-20

Pricing**

From \$600

Additional Extras

Transportation to and from site, lunch, rental equipment, aside from the sit skis. All rentals may be arranged and paid for at Trail Sports prior to the booking date. Your organization is also responsible for the purchase of Trail Passes (per guest) and a Kananaskis Conservation Pass (per vehicle).

*Times are approximate

** Pricing is subject to change