



Cross Country Ski Lessons

Overview

For students needing additional assistance when a school group is taking part in a cross country ski lesson, RMA may support these lessons by providing an RMA staff member or volunteer to assist. While an RMA staff may bridge the gap on snow, they will not teach the lesson. For some lessons, volunteer assistance may be more suitable.

Event Details

The Trail Sports instructor will meet the student at the scheduled time and either follow the group lesson format, providing personalized instruction as needed, or offer a one on one lesson. This will be based on the individuals' needs and abilities. Where possible, the instructor will aim to integrate with the group lesson. RMA will be present if additional support is required. A sit ski or pulk may also be provided for guests with mobility challenges. In this case, a 'joy ride' in a pulk can offer the chance to join the group, or the guest may choose to learn to sit ski independently (age and ability dependent).

Requirements

Skill Level: Lessons may be catered to all skill levels, from beginner to expert.

Gear: Please make sure your guest comes equipped for all weathers. We recommend the following: ski pants & jacket, waterproof gloves/mitts, helmet, goggles, warm thermal layers, sunscreen, ski or snowboard equipment. Sit skis are provided.

Other: Each individual will be required to be fitted for ski boots, skis, and helmets prior to lesson time. Adaptive guest must complete health information and waiver forms.

Availability

November - April

Schedule

2 - 3 hours determined by school lesson time.

Location

Canmore Nordic Centre

Lesson Format

One on one or integrated with group

Pricing

\$0 - \$150 determined by assistance type.

Additional Extras

Bookings are made directly with Trail Sports. RMA will then consult with TrailSports if additional assistance is required