

Beginning Adult Classic Ski Lessons

Students learn to diagonal stride, stop, turn, use poles, climb hills and move over varied terrain. Other topics include proper clothing, equipment and waxing for conditions. Taught as a 4 lesson series for those who would like more practice with an instructor.

M/W	6:30-8:30p	\$60
#1 Russian Jack	Nov 26, 28, Dec 3, 5	
#2 Kincaid	Nov 26, 28, Dec 3, 5	
#3 Russian Jack	Dec 10, 12, 17, 19	
#4 Kincaid	Dec 10, 12, 17, 19	
#5 Russian Jack	Jan 7, 9, 14, 16	
#6 Kincaid	Jan 7, 9, 14, 16	
#7 Russian Jack	Jan 21, 23, 28, 30	
#8 Kincaid	Jan 21, 23, 28, 30	
#9 Russian Jack	Feb 4, 6, 11, 13	
#10 Kincaid	Feb 4, 6, 11, 13	
#11 Russian Jack	Feb 18, 20, 25, 27	
#12 Kincaid*	Feb 18, 20, 25, 27	

*Presidents Day-check chalet hours

Tu/Th	6:30-8:30p	\$60
#13 Russian Jack	Nov 27, 29, Dec 4, 6	
#14 Kincaid	Nov 27, 29, Dec 4, 6	
#15 Russian Jack	Dec 11, 13, 18, 20	
#16 Kincaid	Dec 11, 13, 18, 20	
#17 Russian Jack	Jan 8, 10, 15, 17	
#18 Kincaid	Jan 8, 10, 15, 17	
#19 Russian	Jan 22, 24, 29, 31	
#20 Kincaid	Jan 22, 24, 29, 31	
#21 Russian Jack	Feb 5, 7, 12, 14	
#22 Kincaid	Feb 5, 7, 12, 14	
#23 Russian Jack	Feb 19, 21, 26, 28	
#24 Kincaid	Feb 19, 21, 26, 28	

Sa	10:30a-12:30p	\$30
Try this 2 lesson series for those who want to learn the basics and have limited time.		
#25 Russian Jack	Dec 1, 8	
#26 Russian Jack	Dec 15, 22	
#27 Russian Jack	Jan 12, 19	
#28 Russian Jack	Jan 26, Feb 2	
#29 Russian Jack	Feb 16, 23	

Beginning Adult Skate Ski Lessons

Learn how to glide, stop, climb hills, poling, v-skating and diagonal skating techniques. Waxing, equipment and appropriate clothing will be covered.

F	6:30-8:30p	\$25
#30 Kincaid	Nov 30	
#31 Kincaid	Dec 7	
#32 Kincaid	Dec 14	
#33 Kincaid	Dec 21	
#34 Kincaid	Jan 4	
#35 Kincaid	Jan 11	
#36 Kincaid	Jan 18	
#37 Kincaid	Jan 25	
#38 Kincaid	Feb 1	
#39 Kincaid	Feb 8	
#40 Kincaid	Feb 15	
#41 Kincaid	Feb 22	
#42 Kincaid	Feb 29	

Sa	1:30-3:30p	\$25
#43 Kincaid	Dec 1	
#44 Kincaid	Dec 15	
#45 Kincaid	Dec 22	
#46 Kincaid	Jan 5	
#47 Kincaid	Jan 12	
#48 Kincaid	Jan 19	
#49 Kincaid	Feb 2	
#50 Kincaid	Feb 9	

Intermediate Adult Skate Ski Lessons

Learn marathon skating, V-1, V-2, and blending various techniques to move efficiently over a variety of terrain. Previous skate experience or beginning skate ski lessons are required.

Th	6:30-8:30p	\$25
#51 Kincaid	Dec 13	
#52 Kincaid	Dec 20	
#53 Kincaid	Jan 10	
#54 Kincaid	Jan 24	
#55 Kincaid	Feb 7	
#56 Kincaid	Feb 21	
#57 Kincaid	Mar 6	

Children's Cross Country Ski Lessons

Beginning Classical Ski
Learn to walk, glide, climb hills, turn classic stride, and use your ski poles. Proper equipment care and clothing are also covered.

Sa	12:30-1:30p	Ages 6-8
\$7.50 without ski rental		
\$10 with ski rental		
#58 Russian Jack	Dec 1	
#59 Russian Jack	Dec 8	
#60 Russian Jack	Dec 15	
#61 Russian Jack	Dec 22	
#62 Russian Jack	Jan 5	
#63 Russian Jack	Jan 12	
#64 Russian Jack	Jan 19	
#65 Russian Jack	Jan 26	
#66 Russian Jack	Feb 2	
#67 Russian Jack	Feb 16	
#68 Russian Jack	Feb 23	

Sa	2-3p	Ages 9-12
\$7.50 without ski rental		
\$10 with ski rental		
#69 Russian Jack	Dec 1	
#70 Russian Jack	Dec 8	
#71 Russian Jack	Dec 15	
#72 Russian Jack	Dec 22	
#73 Russian Jack	Jan 5	
#74 Russian Jack	Jan 12	
#75 Russian Jack	Jan 19	
#76 Russian Jack	Jan 26	
#77 Russian Jack	Feb 2	
#78 Russian Jack	Feb 16	
#79 Russian Jack	Feb 23	

Please note the following:

*Class cancellations may occur due to weather conditions or low enrollment. To reschedule a class please call 48 hours in advance at 343-4217.

*Students need to supply all ski equipment and proper clothing. Ask about rental ideas.

*Many of our trails are groomed by the Anchorage Nordic Ski Association (www.anchoragenordicski.com) and are funded by donations. Chip in and buy a pin!



Register for lessons at the following locations:

Kincaid Outdoor Center 343-6397
Selkregg Chalet 343-6992
Spenard Recreation Center 343-4160
Fairview Recreation Center 343-4130
Bittner House 343-4263

Municipal Pools - call for cashier hours
Bartlett 343-6981
Dimond 343-4507
East 343-4506
Service 343-4509
West 343-4502