

**NORDIC SNOWBURNERS PROGRAMS FOR 2011
OFFERED BY
DURANGO NORDIC SKI CLUB**

WHEN: SUNDAYS: January 9th thru February 27th. From 9.30am to 12 noon.

FRIDAYS: January 7th thru February 25th. From 2pm to 4pm.

COST: SUNDAYS: \$115.00 thru December 25th. After Dec. 25th \$140.00

FRIDAYS: \$100.00 thru December 25th. After Dec 25th \$115.00

WHERE: Both take place at the Nordic Center at Purgatory.

TWO PROGRAMS OFFERED:

5 YEARS THRU 12 YEARS OLD: CLASSIC TECHNIQUE ON NO-WAX SKIS

ADVANCED NORDIC BURNERS 8 YEARS OR OLDER: SKATING TECHNIQUE

EQUIPMENT: X-C Boots, poles, X-C skis, CLASSIC OR SKATING

Rentals available for use during program: \$25.00 for classic
\$45.00 for skating

Small backpack with name

Sunglasses, suntan lotion, lip protection cream

CLOTHING: Layers

Top:

Thermal underwear

Turtle neck (zip neck)

Sweater/ Pile jacket

Wind/ Snow breaker

Hat and lightweight gloves

Bottom:

Long underwear

Nordic tights/ Aerobic tights

Windpants/ Snowpants

wool socks, 1 pair

MISC: Snacks and drinks available at Nordic Center

GOALS: Learn to cross country ski through FUN AND GAMES.

X-C skiing teaches balance, improves strength and coordination.

We will be skiing on and off groomed trails.

The Nordic Snowburner program is non-competitive.

For kids interested in racing, please check the Durango Nordic Ski Club's racing program. Minimum age 8 years old.

For more information please call Helen Low, Nordic Center Manager at 382 5899.

Or call the Nordic Center at 385 2114