

**NORDIC SNOWBURNERS PROGRAMS FOR 2010
OFFERED BY
DURANGO NORDIC SKI CLUB**

WHEN: SUNDAYS: January 10th thru February 28th. From 9.30am to 12 noon.
FRIDAYS: January 8th thru February 26th. From 2pm to 4pm.
COST: SUNDAYS: \$115.00 thru December 18th. After Dec. 18th \$140.00
FRIDAYS: \$100.00 thru December 18th. After Dec 18th \$115.00
WHERE: Both take place at the Nordic Center at Purgatory.

TWO PROGRAMS OFFERED:

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

ADVANCED NORDIC BURNERS 9 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