

Highlands Nordic Winter Programs

Secondary Schools 2018/2019



Booking is Easy!

Phone or Email Highlands Nordic
 Phone: 705-444-5017 or 1-800-263-5017
 Email: hoec@highlandsnordic.ca
 Website: www.highlandsnordic.ca
 Address: 1182 Concession 10 South
 Clearview Township, Duntroon, ON L0M 1H0



Our Mid-Week Secondary Winter Programs

Our day sessions are designed to introduce students to **cross country skiing (classic or skate)**, and **snowshoeing**. Fully certified instructors will provide a **30 minute ski lesson**. After the lesson, students, teachers, and parent volunteers can use our marked trail system.

French instructors are available upon request. **Sit skis** are available for students with little to no mobility below the waist. **Guides available** for visually impaired students.

If skiing and snowshoeing, ski rates apply. If students are using their own equipment, public rates apply.

For safety and proper fit, it is recommended that participants use Highlands Nordic rental equipment.

High School Prices – Whole Day

Item	Classic Package	Public Rate	Skate Package	Public Rate	Snowshoe	Public Rate
Trail Pass	\$10	\$14	\$10	\$14	\$10	\$10
Rental	\$5	\$14	\$15	\$30	\$10	\$10
Group Lesson	\$5		\$5		n/a	n/a
Total	\$20		\$30		\$20	

High School Prices – Half Day

Item	Classic Package	Public Rate	Skate Package	Public Rate	Snowshoe	Public Rate
Trail Pass	\$7	\$14	\$7	\$14	\$10	\$10
Rental	\$4	\$14	\$13	\$30	\$10	\$10
Group Lesson	\$4		\$5		n/a	n/a
Total	\$15		\$25		\$20	

Skiing: Fees include a trail pass, half hour lesson and rentals.

Snowshoeing: Fees include a trail pass, snowshoe rentals and guide if requested.

***If less than 10 students, public rates apply, plus an instructor fee of \$40 per hour.**

Teachers and volunteers ski and snowshoe for FREE, with program assistance expected.

Programs Details:

Our programs are ideal for many classes including: **Physical Education, Specialist High Skills Majors, Leadership, and ESL!**

Program Options

Half day

-Ski or snowshoe for 2 hours before (12pm) or after lunch (12:30pm)

Full day

- Half day ski and half day snowshoe

Full day ski

- Lesson and ski for morning, self-guided ski wayfaring program (using a map to find markers)

- Lesson and ski for morning, ski for the afternoon

Extra-Curricular Programs

Interested in starting a competitive team? Highlands Nordic has *Novice Days* and *Coaching Development Programs!* Please email Kelly for more information: skiinfo@highlandsnordic.ca

Student Checklist

Winter hat, water bottle, layers of clothing, sunglasses, warm socks, snow pants, winter jacket, warm mitts or gloves, healthy nut-free snacks, lunch (if applicable)

Teacher Checklist

-When booking, please have the following information ready: program, date(s), number of students and grade.

-Please review a list of rules and etiquette with your students on your groups' first visit. This helps to ensure your students' day is safe and fun. A copy of our Rules and Etiquette can be found on our website.

INVOICING

-During each visit with us, we require a teacher to sign off on the number of students in attendance from your school. This helps to ensure an accurate invoice is issued to your school.

-Upon completion of your school's visit, Highlands Nordic will email your school an invoice or give the invoice to the teacher in charge.

Winter Facilities

Our **24 km** of ski trails are 25 ft wide and groomed for both classic and skate skiing techniques. Our scenic **7km** of snowshoe trail will lead you through a seemingly secluded winter wilderness. Both networks offer a variety of distances and degrees of difficulty for all ages and abilities.

Our **Rental Shop** offers a full size range of boots, skis, poles, snowshoes, and sit skis. A full service Pro-Shop and Repair Shop will be open daily for any service needs.

Our **Full Service Cafeteria** is at your disposal. A selection of hot and nutritious lunches are available for purchase. We also welcome your group to bring their own lunches and snacks if they choose.

Canadian Ski Patrol toboggan and snowmobiles are always ready for an emergency.

Washrooms, change-rooms, seating areas and conference rooms make our lodge versatile.