

# HOME-SCHOOL

## Snowshoe Lesson and Tour

### FUNDamentals >

This program is designed to meet Phys. Ed curriculum outcomes for Grades 4 - 6. The program introduces the skills of snowshoeing combined with a snowshoe tour. The first lesson will include an introduction to the history of snowshoeing, equipment use and care, safety considerations, and the skills of snowshoeing through activities and games. The second lesson will involve an interpretive tour that will incorporate aspects of the Science curriculum. This is a great way to get outside, be active and learn all at the same time!

Age: 5Y - 16Y	Max 20
Strathcona Wilderness Centre	
<a href="#">130654</a>	Jan 22 to Jan 29 9:30 - 11:30 am Wed \$36.00

## X-C Ski Lessons

### FUNDamentals >

For home schooled students who are looking for activities in an alternate environment, this cross-country ski program is a perfect fit for your Phys. Ed. Curriculum. During this six week session, our certified instructors will introduce the fundamentals of cross-country skiing including stance and balance, turning, stopping, diagonal stride, and up and down hill techniques. Students will be assessed during the first lesson and moved into age and skill appropriate groups. Get active, meet other homeschool students and have fun in the snow!! Day pass and rental equipment included for the program times.

If this time does not work for you call Adam Binder the Outdoor Recreation Programmer and a private lesson can be created for you. (780) 922-3939

Age: 5Y - 17Y	Max 30
Strathcona Wilderness Centre	
<a href="#">130655</a>	Jan 7 to Feb 11 9:30 - 11:30 am Tue \$105.00

## Youth and Teens

### FUNDamentals >

## Strathcona Wilderness Centre Snow Day

Come to SWC during Teachers Convention and experience the joys of winter with a fun filled day in the snow. Have a great time learning how to snowshoe and cross-country ski and enjoy a campfire lunch. Come prepared to spend the day outside; snow boots, pants, toque, mitts and jacket are a must. All other equipment and food for lunch will be provided. If you have dietary restrictions please bring any special food you may need.

Age: 8Y - 16Y	Max 30
Strathcona Wilderness Centre	
<a href="#">130849</a>	Feb 6 9 am - 4:30 pm Thu \$54.00

## Youth Intro to X-C Skiing

Please join us to experience the extraordinary sport of cross-country skiing. Enjoy fun and games, great instructors, and an exciting trail tour. Day pass and rental equipment included.

Age: 8Y - 16Y	Max 24
Strathcona Wilderness Centre	
<a href="#">130851</a>	Feb 7 1:30 - 3:30 pm Fri \$24.00

## Junior X-C Ski Coach

This program is designed for young individuals interested in becoming winter outdoor leaders. The program provides a unique combination of formal training through our Jackrabbit program, with work experience and mentoring. The program will include three components:

- 1) one day of skill development, safety training and introductory coaching processes;
- 2) registration in a Jackrabbit program (Fast Trax, JR 3 and up); and
- 3) opportunity for work experience and mentoring in our Bunnies or JR I programs.

Opportunities will also be available for our Junior Coaches to gain experience in assisting with other outdoor programs and special events. Please contact Adam Binder for specific information and registration procedures (780-922-3939). To register please contact the Strathcona Wilderness Centre at (780) 922-3939 or adam.binder@strathcona.ca

Age: 13Y - 17Y	Max 10
Strathcona Wilderness Centre	
<a href="#">130836</a>	Jan 11 to Mar 7 10 am - 4 pm Sat \$154.00

