

Arrowhead Nordic Ski Club



Learn to Ski!

Cross Country Ski Programs for all ages

Jackrabbit and Track Attack Programs

Recreational cross-country ski lessons and games for kids ages 4 to 13.
Begins in January.

ARC Racing Program – Biweekly practices, training camps and races
for ages 11 and up. Winter session begins in January.

Adult Programs –

- **Ski for Fitness!** A program of ski instruction for adults of all abilities-
skate or classic instruction.
- **Masters training group** - Winter session begins in January.
- **Beginner lessons** – A two hour group lesson to get you skiing.

Join the Arrowhead Nordic Ski Club

Weekly night skiing, full moon ski/socials, and more.
Programs take place at Arrowhead Provincial Park

Sign up online at www.arrowheadnordic.ca

