

SKI XC FAST Program Options

OPTION	#1	#2	#3	#4	#5
Cost per skier	\$3	\$8	\$8	\$14	\$13
Duration	40 minutes. (approximately one gym class)	2 hours	2 hours	4 hours 2 hours @ your school and 2 hours @ a local Nordic facility	4 hours 2 hours instruction 2 hours free ski
Location	@ your school	@ your school	@ a local Nordic facility	@ your school and @ a local Nordic facility	@ a local Nordic facility
Equipment	Boots, skis and poles supplied for all participating students and teachers				
Instruction	Provided by trained and experienced instructors				

- Teachers and volunteers do not pay a participation/trail use fee!
- Choose morning (am.) or afternoon (pm.) for options #1, #2, #3 and #4.
- Free equipment rental for teachers (you must provide your shoe size and height in advance. Include with student size request page)
- Volunteers may rent equipment from the program at **\$30/set** and must provide their name, shoe size and height in advance
- For option #5 the students should bring a bag lunch
- For all options the skier should bring a snack and lots of water/juice in drink bottles.
- Bring extra socks, gloves/mittens.
- Bring and wear a toque
- Dress in layers. Several layers of non-cotton clothing on your torso and legs with loose (not baggy) water resistant outer layer on the legs and torso.

NORDIC FACILITY	DESCRIPTION
Nakkertok South Nordic Facility	www.nakkertok.ca private XC Club based in Cantley Quebec. (900 AVE Gatineau) 20 minute drive from Bank and Sunnyside. Map accessible on web site.
Terry Fox XC Centre	AKA Mooney's Bay; on Riverside just south of Herron Rd.
Timber Run Golf course	15km north of HWY #7 (Perth) on Hwy #511
YM/YWCA Outdoor Centre	Tentative. Located in Dunrobin off Riddle Rd. New home of Kanata XC club

- All the facilities used by the SKI XC FAST program meet or exceed the minimum SXCF and OPHEA standards
- If you schedule a session @ your school, the yard must have snow! and must be safe to ski upon. (As determined by the school and the SXCF director)