

CSTC presents HALLIS LAKE YOUTH SKI SCHOOL



CSTC's Hallis Lake X-Country Ski School is booking ski school session dates on a first come/ first serve basis. Our booking Calendar this season starts January 7th and goes until March 15, 2019. **We are taking a maximum of 450 students this season to ensure we have enough coaches and helpers to make each session great. The school booking form and an information sheet are attached to this email.** Forms and information are also available on the youth ski school link on our home page <http://www.caribooski.ca/YouthSkiSchool>

This is a successful program that began in the winter 2011/12 season. It has been exciting to see these students join in other events like the Elementary school races and our youth ski camps. We are excited to see our elementary students and parents coming out to continue to ski together after sessions are finished, making this a family sport and enjoying time together. The elementary school races are offered free of charge Feb 23rd 2019. See the CSTC website for more details.

The ski school provides lessons to children in grades K-7. We have a great program for your students and cross country skiing provides a great foundation for children who will be going downhill skiing in later years. Classes will come out for a set of 3 lessons to ensure students acquire technical skills. We promote an atmosphere of inclusion and respect and enjoy seeing children gain confidence and skills no matter what their level of ability may be. School classes are broken up into groups of between 6-10 children each with a coach and assistant. We are flexible and can work with you to accommodate special needs and abilities. Our coaches are all CCBC certified and have current criminal record checks. We have equipment and coaches for up to approximately 95 students at a time but 65 students or less is the norm.

Fee Structure Half Day:

Total Cost per student for each session is \$17 per session. This price includes PST, equipment, trail pass and the lesson.

**New this year- all chaperones (parents, guardians and teachers) will receive a free family rental / day pass. We would like to see students and families continuing to ski after their 3 sessions!!*

Outline of Session

Suggested Half Day Itinerary sessions can begin earlier or start later to accommodate school schedules.**

Arrive at Hallis Lake Lodge	9:30 a.m.
Equipment Sign Out	9:30 - 10:00 a.m.
Lesson with Instructor	10:00 - 11:30 a.m.
Return Equipment	11:30 - 11:45 a.m.
Return Back to School	12:00 noon

*** with prior notice classes can choose to stay and eat packed lunches at Hallis Lake lodge before departing. We provide a large pot of hot chocolate.*

Booking Information

Step 1- Book your session dates- Please complete the **School Booking Form** and email to Cariboo Ski Touring Club at your earliest convenience. Sessions are booked quickly; email early!! Email address is youthskischool@caribooski.ca.

Step 2- Complete the **CSTC Teacher Worksheet Form**, and **Group Lists Form** at least **2 Weeks** before your first scheduled lesson and email to youthskischool@caribooski.ca

NOTE: The CSTC Elementary School Ski Program requires one parent supervisor per 8/10 children to assist the children, help oversee the group during lessons, pull up the rear on the trails, provide assistance to children putting on and taking off gear. Please remember though, that the lessons are for the children, and parents need to be comfortable enough on skis to manage themselves. Parents can walk with the beginner groups using snowshoes. **CSTC will outfit chaperones and teachers with skis / snowshoes at no charge.** If you would like to book a group, or have any questions, please email youthskischool@caribooski.ca or call Tania Gruene at 250-991-6906.