



**Hallis Lake Elementary Ski School Program**

**2021-22 SKI SEASON**

The CSTC provides NCCP certified coaching in a positive ‘play to learn’ environment that focuses on introducing children (and their chaperones) to Nordic (Cross country) skiing. We can accommodate up to 35 students at a time and we group 5-8 students per coach. We ask that schools have 1 chaperone per each **group of** students grade 3 and younger to assist if students need to return to the lodge etc. Chaperones and teachers have free use of ski or snowshoe equipment for the lesson. X-country skiing meets all of the physical education requirements and is an accessible lifelong sport. X-country and downhill skiing have fundamental skills that are transferable and students who have learned one style transition easily to the other style.

CSTC is a non-profit society and we strive to make X-country skiing at Hallis Lake financially accessible to families in our community. Certified coaches are volunteers and we are run by a board of directors. It is our goal, especially during difficult economic times to keep winter sports accessible to everyone. We strive to make skiing an option for all students and have worked with teachers to waive costs or share costs if a student who wants to participate is financially unable to do so. Please talk to us if this is the case.

Booking is now open for the season. We ask that classes try to do three sessions or more to get the best skill development and fun from the ski days. Ski School will run from January 6<sup>th</sup> 2022 until Spring Break

Please fill out the Ski School booking form and email it to [youthskischool@caribooski.ca](mailto:youthskischool@caribooski.ca) or call Tania at 250-991-6906 with questions.

<p><b>Plan A: Half Day</b>          Half day - \$16 per student per session          Includes equipment, lesson and trail pass</p>	<p><b>½ day Ski School</b> 9:15-12pm <b>or</b> 12:30 if students stay and have lunch in the lodge. These times can be adjusted forward or back to suit school schedules.          This is available for Grades K-7</p>
<p><b>Plan B: Full Day</b>          Full Day- \$18 per student per session          Includes equipment, lesson and trail pass.</p>	<p><b>Full day Ski School</b> 9:15- 2:30. Ski lessons happen in the morning. After lunch is ‘free ski’ time. Schools must provide some inside and outside supervision. CSTC will have 1 first aid person/ ski guide on site. These times can be adjusted forward or back to suit school schedules.          This is available for Grades 3-7</p>