

Beginner Adult Classic Lessons

These classes will teach the basics of classic skiing. The purpose of this program is to give adults the basics of skiing so that they may participate with family outings and events.

This program is open to Nakkertok members only. You must register (as a member and for the program) for the current season.

Who: Novice skiers, adults or youth over 14.

Where: Mostly at Nakkertok South with a few sessions at Nakkertok North.

Time: Saturdays 10:00am – 12:00 OR Saturdays 1:30pm – 3:30 pm OR Sundays 1:30pm – 3:30 pm.

Dates: Approx. 9 weeks beginning in early January and ending in early March.

Sessions are weather dependant, and every winter sees the cancellation of at least one day's classes due to extreme cold, lack of snow, wind-chill, ice storms, rain or all of the above and more. In the event of a cancellation everyone is notified by his or her instructor. (Do not assume the class has been cancelled unless you have been contacted!)

Activities: Basic instruction in classic ski techniques including diagonal stride, double pole, uphill and downhill.

Class sizes: We aim for a ratio of one coach for every six adults

Coaches: adult volunteers

Equipment: see our guide to equipment and guide to clothing.

Registration: online registration opens in September until December 1st, and classes are filled on a first come first served basis

Due to the success of the program, we have a difficult job finding enough volunteer coaches to maintain our desired instructor-to-student ratio. With this in mind, we hope you will understand our policy of requesting parents to act as lead or assistant coaches—whether or not they have paid fees in lieu of co-op commitment or have done other co-op duties.