

# Highlands Nordic Winter Programs

## Secondary Schools 2017/2018



### Booking is Easy!

Phone or Email Highlands Nordic  
 Phone: 705-444-5017 or 1-800-263-5017  
 Email: [hoec@highlandsnordic.ca](mailto:hoec@highlandsnordic.ca)  
 Website: [www.highlandsnordic.ca](http://www.highlandsnordic.ca)  
 Address: 1182 Concession 10 South  
 Clearview Township, Duntroon, ON L0M 1H0



### Our Mid-Week Secondary Winter Programs

Our day sessions are designed to introduce students to **cross country skiing (classic or skate)**, and **snowshoeing**. Fully certified instructors will provide a **30 minute ski lesson**. After the lesson, students, teachers, and parent volunteers can use our marked trail system.

**French** instructors are available upon request. **Sit skis** are available for students with little to no mobility below the waist. **Guides available** for visually impaired students.

*If skiing and snowshoeing, ski rates apply. If students are using their own equipment, public rates apply.*

*\*For safety and proper fit, it is recommended that participants use Highlands Nordic rental equipment.\**

#### High School Prices – Whole Day

Item	Classic Package	Public Rate	Skate Package	Public Rate	Snowshoe	Public Rate
Trail Pass	\$10	\$14	\$10	\$14	\$10	\$10
Rental	\$5	\$17	\$15	\$17	\$10	\$10
Group Lesson	\$5	See below	\$5	See below	n/a	n/a
<b>Total</b>	<b>\$20</b>		<b>\$30</b>		<b>\$20</b>	

#### High School Prices – Half Day

Item	Classic Package	Public Rate	Skate Package	Public Rate	Snowshoe	Public Rate
Trail Pass	\$7	\$14	\$7	\$14	\$10	\$10
Rental	\$4	\$17	\$13	\$17	\$10	\$10
Group Lesson	\$4	See below	\$5	See below	n/a	n/a
<b>Total</b>	<b>\$15</b>		<b>\$25</b>		<b>\$20</b>	

Skiing: Fees include a trail pass, half hour lesson and rentals.

Snowshoeing: Fees include a trail pass, snowshoe rentals and guide if requested.

**\*If less than 10 students, public rates apply, plus an instructor fee of \$40 per hour.**

Teachers and volunteers ski and snowshoe for FREE, with program assistance expected.

## **Programs Details:**

Our programs are ideal for many classes including: **Physical Education, Specialist High Skills Majors, Leadership, and ESL!**

## **Program Options**

### *Half day*

-Ski or snowshoe for 2 hours before (12pm) or after lunch (12:30pm)

### *Full day*

- Half day ski and half day snowshoe

### *Full day ski*

- Lesson and ski for morning, self-guided ski wayfaring program (using a map to find markers)

- Lesson and ski for morning, ski for the afternoon

## **Extra-Curricular Programs**

Interested in starting a competitive team? Highlands Nordic has *Novice Days* and *Coaching Development Programs!* Please email Kelly for more information: [skiinfo@highlandsnordic.ca](mailto:skiinfo@highlandsnordic.ca)

## **Student Checklist**

Winter hat, water bottle, layers of clothing, sunglasses, warm socks, snow pants, winter jacket, warm mitts or gloves, healthy nut-free snacks, lunch (if applicable)

## **Teacher Checklist**

-When booking, please have the following information ready: program, date(s), number of students and grade.

-Please review a list of rules and etiquette with your students on your groups' first visit. This helps to ensure your students' day is safe and fun. A copy of our Rules and Etiquette can be found on our website.

## **INVOICING**

-During each visit with us, we require a teacher to sign off on the number of students in attendance from your school. This helps to ensure an accurate invoice is issued to your school.

-Upon completion of your school's visit, Highlands Nordic will email your school an invoice or give the invoice to the teacher in charge.

## **Winter Facilities**

Our **24 km** of ski trails are 25 ft wide and groomed for both classic and skate skiing techniques. Our scenic **7km** of snowshoe trail will lead you through a seemingly secluded winter wilderness. Both networks offer a variety of distances and degrees of difficulty for all ages and abilities.

Our **Rental Shop** offers a full size range of boots, skis, poles, snowshoes, and sit skis. A full service Pro-Shop and Repair Shop will be open daily for any service needs.

Our **Full Service Cafeteria** is at your disposal. A selection of hot and nutritious lunches are available for purchase. We also welcome your group to bring their own lunches and snacks if they choose.

**Canadian Ski Patrol** toboggan and snowmobiles are always ready for an emergency.

Washrooms, change-rooms, seating areas and conference rooms make our lodge versatile.