

X-C-Ski!

**With Adirondack Treks
Begins March 1st, 2016 - Tuesdays & Thursdays**

**Kids - Learn Cross Country Skiing
with Coach Tomb, Coach Julie and Adirondack Treks at
The North Creek Ski Bowl and Johnsburg School**

What – Program to learn cross country skiing. Treks has all the equipment to get you started!

Who - Any kids grades 4th, 5th, 6th (3rd graders with permission of Mr. Tomb.)

Where - At the North Creek Ski Bowl – meet at the Yurt near the lift.

When – Tuesdays and Thursdays
2:45PM - 4:45PM - Begins March 1st

Timing – meet at the Ski Bowl after school 2:45PM. The lesson and skiing will last 'till about 4:30PM

What to Bring – Ski clothes if you have them, snowpants or any nylon pants over regular pants. Dress in layers so you can take off a heavy jacket and have something lighter to ski in. Don't forget hats and gloves or mittens.

Treks - Kids need to join Adirondack Treks. Visit the website and bring any of the required forms with you. www.adktreks.org

Contact Steve Tomb to sign up or for more information
email stomb@johnsburgcsd.org **phone** 251-3492

Additional Info: Contact Coach Steve Tomb, stomb@johnsburgcsd.org (email preferred) 251-3492 or visit www.AdkTreks.org

