

# Cross-Country Ski Lessons



**AGES 8-15 (age by start of program)**  
**Tuesdays and Thursdays, 4:00-5:00pm**  
**\*January 10th – February 9th**  
**PROGRAM FEE: \$39 Residents/\$51 Non-Residents**  
**LOCATION- Mere Creek Golf Course (via route 123) (Old BNAS)**  
**\*January 10 Session for Parent and student meeting will be at Stowe School, 4pm.**

**Coach Holly Greene**, a local educator who has been leading our program the last six years will bring her energy and enthusiasm to the program! **This program focuses on teaching the fundamentals of Nordic Skiing, both classic and freestyle**, in an atmosphere that is fun and that emphasizes getting out and skiing. **Practices will typically include a warm-up, instruction & skills practice, a skills game and a closing meeting/evaluation.** *Emphasis will be on enjoying the outdoors in winter through an invigorating activity and building a solid base for skiing of any sort.* The course will be held on trails at Brunswick Landing, formerly the Brunswick Naval Air Station. Participants will meet for class at the parking lot of the Mere Creek Golf Course (via Route 123).

The Parks and Recreation Dept. encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656.  
 For a copy of our refund policy, visit our office or website at [www.brunswickme.org/parkrec](http://www.brunswickme.org/parkrec)

✂ - ✂ Detach and return to the Recreation Center, 220 Neptune Drive, Monday – Friday from 8am – 4:30pm - ✂ - ✂

**Brunswick Parks and Recreation Department**  
**CROSS-COUNTRY SKI LESSONS - WINTER 2016--2017 FEE: \$39 Res \$51 Non-Res**

For Office Use  
 Date \_\_\_\_\_  
 Amt\$ \_\_\_\_\_  
 321228  
 Computer

PLEASE PRINT

PARTICIPANT'S NAME \_\_\_\_\_

NAME OF PARENT/GUARDIAN(S) \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE AS OF 1/10/17 \_\_\_\_\_ SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

MALE  FEMALE  DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

WHO TO CONTACT IN CASE OF EMERGENCY:  
 NAME \_\_\_\_\_ PHONE \_\_\_\_\_

*As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Cross-Country Ski Lessons. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.*

\_\_\_\_\_  
 Signature of Parent/Guardian Date