

Cross-Country Ski Lessons



For Youth Ages 8-15 (age by start of program)

Program Held Tuesdays and Thursdays from 4:00-5:00pm

***January 7th – February 13th**

***January 7th Information Session will be at Harriet Beecher Stowe School, 4pm.**

Located at the Mere Creek Golf Course, Brunswick Landing (via route 123)

Fee: \$42 Residents

\$56 Non-Residents

*** REGISTER EARLY, LIMITED ENROLLMENT ***

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.

Coach Holly Greene, a local educator who has been leading our program the last ten years will bring her energy and enthusiasm to the program once again! She will be assisted by Gia Guernelli. 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 Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at www.brunswickme.org/parks-recreation

✂ **<Detach & return with fee to the Recreation Center 220 Neptune Drive., by Jan. 3** Office hours Mon.-Fri., 8:00 a.m. to 4:30 p.m. ✂

Brunswick Parks & Recreation Dept.

Fee: \$42 Brunswick Residents

CROSS-COUNTRY SKI LESSONS WINTER 2020

\$56 Non-Residents

Please Print

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Date _____
Amt\$ _____
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Computer

Name _____ Date of Birth _____ Age _____

Street Address _____ Town of residence _____

Zip Code _____ School _____ Grade, Fall 2019 _____ Female Male

Parent/Guardian #1 _____ Email _____

Parent/Guardian #1 Home Phone _____ Parent/Guardian #1 Work Phone _____ Parent/Guardian #1 Cell _____

Parent/Guardian #2 _____ Email _____

Parent/Guardian #2 Home Phone _____ Parent/Guardian #2 Work Phone _____ Parent/Guardian #2 Cell _____

Emergency Contact, other than parent/guardian _____ Relationship _____

Day Phone _____ Cell Phone _____

*ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

As a parent/ guardian, I give my child permission to participate in the Brunswick Parks and Recreation Department Learn to Cross Country Ski program. 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 _____

Names of Parents/Guardians _____ **PLEASE PRINT)**