



Kawartha Nordic Ski Club Inc.
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Kawartha Nordic is pleased to announce participation in the Healthy Kids Community Challenge by offering subsidized equipment rental and instruction to the children and families in City and County of Peterborough.

Nordic skiing is also known as cross country skiing and requires, ski boots, skis and poles. It is an easy skill to learn at any age, and is an ideal activity for parents and children to enjoy together. The sport helps develop and maintain coordination, balance and overall fitness. It is an excellent way to get outside in winter and to support the well-being of our children through a healthy, active community.

Over its 40 years of operation, Kawartha Nordic has developed an excellent trail network to offer recreational skiing and learn to ski programs for children, youth and adults. The facility is located at 7107 Highway 28, at a property with 39km of ski trails, a main ski chalet and several trailside cabins. It is approximately 40 minutes north of Peterborough.

Through the Healthy Kids Community Challenge, Kawartha Nordic has designed four options to allow students, community groups and families increased access to cross country skiing. A brief outline of the options is offered below. For more information or to book a date please contact us at: contact@kawarthanordic.ca or 705.931.5672.

Options for Cross Country Skiing through the Healthy Kids Community Challenge

Option 1: School groups ski at Kawartha Nordic

Available any school day (Monday – Friday) with arrival / departure times tailored to suit your school schedule.

Includes: Equipment rental and 100 minutes of instruction at our facility for classes from grades 4 – 8.

Cost per student is \$21 with a rebate of \$15.00 provided by Peterborough's Healthy kids Community Challenge funding.

Option 2: School groups ski at their school

Available any school day (Monday – Friday). Schools must provide a suitable, safe area for ski instruction and a teacher supervisor. One class (max. 30 students) can ski during a 100 minute block, up to a maximum of three classes per day.

Includes: Equipment rental and instruction at your school for classes from grades 5 – 8.

Cost per student is a suggested donation of \$2.00.

Option 3: Children and youth group ski day

Available select Sundays and requires pre-booking. Group size is 10 – 30 participants.

Includes: Equipment rental and 100 minutes of instruction at our facility for classes from grades 4 – 8.

Cost per person is \$21 with a rebate of \$15.00 provided by Peterborough's Healthy kids Community Challenge funding.

Option 4: Children and youth group ski evening

Available weekday evenings between 4:00 - 7:30pm and requires pre-booking. Group size is 10 – 30 participants.

Includes: Equipment rental and 100 minutes of ski Instruction on our lit loop teaching area.

Cost per person is \$21 with a rebate of \$15.00 provided by Peterborough's Healthy kids Community Challenge funding.

**For more information or to book a date please contact us at:
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