

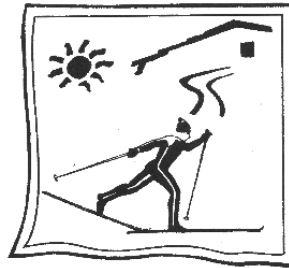
Adult Ski Courses 2010/11

Courses run from 10am to 4pm and cost £53 per person. This includes hire of all ski equipment and tuition, but not transport or lunch. Please arrive by 9.45am to allow for equipment issue and a prompt start.

Classic Ski Day

Learn to Cross-country ski, or improve your ski technique with one of our BASI Nordic Instructors.

- Sat 15th January
- Sat 5th February
- Sat 26th February
- Sat 5th March



Classic improvers day

For those who have made a start and wish to improve their technique.

- Sun 16th January
- Sun 27th February

Classic Ski Weekend

A two day introduction to Nordic skiing, cost £96 per person for the two days.

- Sat 15th/Sun 16th January
- Sat 26th/Sun 27th February

Family Courses

Courses are for parents and children over 5 years of age. Each course is a block of 2 x 2hr sessions, costing £20 per adult and £10 per child for the course, and run from 1pm - 3pm Saturday and Sunday. Please arrive by 12.45pm to allow for equipment issue.

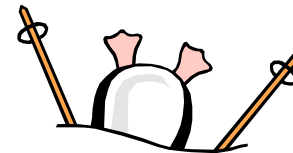
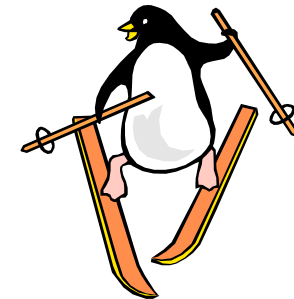
These courses are aimed at getting families skiing together, teaching you all the basic techniques you need to get you started. Cross-country skiing is an excellent family activity, great fun for the kids and exercise and amusement for the adults.

Family Course 1

Sat 20th and Sun 21st November

Family Course 2

Sat 4th and Sun 5th December



All Courses must be booked in advance please

Equipment list

Essentials

Waterproof Jacket
Layers of thin stretchy clothing (preferably not cotton)
Gloves
Hat
Small Rucksack to contain
Lunch
Hot drink
Cold Drink

*Suggested items
For your comfort*

Thermal underwear
Waterproof trousers
Fleece
Spare hat, gloves and socks
Snacks
Goggles/sunglasses
Sun cream

*Huntly nordic and outdoor centre
Hill of haugh
Huntly
Aberdeenshire
Ab54 4sh
Tel fax 01466 794428
Email: hnoc@aberdeenshire.gov.uk
www.nordicski.co.uk/hnoc*

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2010/11