



BCRD

BLAINE COUNTY
RECREATION DISTRICT

BCRD Nordic Ski Lessons 2010

1, 2, 3 LEARN TO SKATE SKI

BEYOND BASICS ADULT SKATE SKI

'WOMEN ONLY' SKATE OR CLASSIC

GET READY FOR THE BOULDER

No trail pass is required DURING lessons, however,
if you choose to ski before/after your lesson you must purchase a trail pass.
Participants will need to provide own ski gear.

For more information call 788-2117 or go to www.bcrd.org

NAME	AGE	MALE	FEMALE
MAILING ADDRESS	CITY, STATE, ZIP		
PHONE NUMBER	EMAIL (BCRD USE ONLY)		
EMERGENCY CONTACT	PHONE NUMBER		

Participant Consent & Waiver: I hereby certify, on behalf of myself or as the parent or guardian of a minor child, that I am (my minor child is) physically fit and have (has) medical insurance. I understand that the instructors or agents of BCRD will take safety precautions. In exchange for me (my child) being allowed to participate in the program, which is recreational and/or educational, and which is not an essential life activity, I on behalf of myself or as the parent or guardian of a minor child, hereby assume all risk associated with such participation, knowing that such participation presents the risk of physical and/or emotional injury or harm which may result in temporary or permanent damage to the participant including death.

I, on behalf of myself, or as the parent or guardian of a minor child, do hereby release BCRD, its agents, servants, employees and cooperators from any claims of liability for damages or other harm to person or property incurred by me (my minor child), as the result of participation in the program, except for gross negligence. I, ON BEHALF OF MYSELF, OR AS THE PARENT OR GUARDIAN OF THE MINOR CHILD, UNDERSTAND THAT BY SIGNING THIS RELEASE THAT I AM RELINQUISHING ON BEHALF OF MYSELF, OR MINOR CHILD, ANY RIGHT THAT MIGHT ACCRUE IN THE FUTURE TO BRING A CAUSE OF ACTION FOR NEGLIGENCE AGAINST BCRD, ITS AGENTS, SERVANTS, EMPLOYEES AND COOPERATORS ARISING FROM PARTICIPATION IN THE NAMED ACTIVITY, EXCEPT AS OTHERWISE PROVIDED HEREIN.

I, on behalf of myself or as the parent or guardian of the minor child, hereby consent to first aid, emergency medical care, and authorize, if necessary, admission to a hospital for treatment of injuries that I (my child) could sustain while participating in this program. I, on behalf of myself or as the parent or guardian of the minor child, understand that I am responsible for any and all medical expenses, which may be incurred as a result of any accident or illness while participating in this program. This waiver also gives BCRD permission to use photographs/video tapes of me participating in the program for publicity purposes.

SIGNATURE

DATE

LESSON SCHEDULE (Classes start the week of Jan. 4, 2010-Snow conditions permitting)

1, 2, 3 Learn to Skate Ski (co-ed) - \$60/session (3 classes/session)

1st Session: WEDNESDAYS, Jan 6, 13, 20, **12-1:00 PM @ QUIGLEY**

2nd Session: WEDNESDAYS, Feb 10, 17, 24, **12-1:00 PM @ QUIGLEY**

1st Session: SUNDAYS, Jan 17, 24, 31, **2:00-3:00 PM @ QUIGLEY**

2nd Session: SUNDAYS, Feb 7, 14, 21, **2:00-3:00 PM @ QUIGLEY**

Beyond Basics Adult Skate Ski (Intermediate level, co-ed) - \$60/session (3 classes/session)

1st Session: WEDNESDAYS, Jan 6, 13, 20, **1:30-2:30 PM @ QUIGLEY**

2nd Session: WEDNESDAYS, Feb 10, 17, 24, **1:30-2:30 PM @ QUIGLEY**

Quigley 'Women Only' Skate or Classic (Taught by VAMPS & BCRD all levels) - \$80/session (4 classes/session)

1st Session: MONDAYS, Jan 4, 11, 18, 25, **12-1:15 PM OR 4:00-5:15 PM @ QUIGLEY**

(CIRCLE: 12-1:15 PM OR 4-5:15 PM; Skate OR Classic; Level skier: Beginner, Intermediate, Advanced)

2nd Session: MONDAYS, Feb 8, 15, 22, Mar 1, **12-1:15 PM OR 4:00-5:15 PM @ QUIGLEY**

(CIRCLE: 12-1:15 PM OR 4-5:15 PM; Skate OR Classic; Level skier: Beginner, Intermediate, Advanced)

Get Ready for the Boulder (All levels, co-ed) - \$80/session (4 classes/session)

TUESDAYS, Jan 5, 12, 19, 26, **4:00-5:30 PM @ QUIGLEY**

TOTAL (086-4360):

PROGRAM DESCRIPTIONS:

1, 2, 3 LEARN TO SKATE SKI

Three weeks to learn to ski. For first time beginning level adult skiers who want to learn skating technique. No experience is necessary. Co-ed. 5:1 student/instructor ratio.

BEYOND BASICS ADULT SKATE SKI

Focus on skating technique, efficiency, speed & FUN! Finesse V-2, V-1 & V-2 alternate techniques. Intervals, skill-building drills, proper clothing, nutrition & staying hydrated will be covered. Class is best for intermediate skiers or advanced beginners. Co-ed. 6:1 student/instructor ratio.

'WOMEN ONLY' SKATE OR CLASSIC

All ability levels are invited to participate-from beginner to advanced in this all women's group. We will focus on the fundamentals of skate or classic skiing and then master all the skate or classic techniques, as well as cover race strategy for those who want it. This class is taught by VAMPS and BCRD coaches- all women, for women. Not only will we teach you how to ski, but we'll teach you how to live an active lifestyle. And don't be surprised if we ask you to dress-up once in a while! The group will be divided up into ability levels with a 5:1 student/instructor ratio.

GET READY FOR THE BOULDER

Get fit for the famous Boulder Mountain Tour or, new this year, the Half Boulder, whether you are starting in the 9th wave and just want to finish or you are an experienced racer trying to shave time off past results. Coached by experienced racer Jim Santa, and 3-time Boulder winner EJ Harpham. Improve your fitness and efficiency in a fun, challenging and rewarding workout program. All levels encouraged; skiers will be grouped according to ability level. Co-ed. 8:1 student/instructor ratio.

☛ Private Lessons for skate or classic technique available. Call Janelle at 788-9142 for more information.