

2013-2014 Important Dates

Registration Night: Tuesday, November 19, 2013, 6:00 – 7:30 at the Norwood Community Center

“Dryland” sessions begin November 30, 2013 at the Norwood Community Center. Ski lessons begin as soon as the Nordic Center opens and continue until it closes (usually December to mid-March). There are no classes December 28th and January 4th.

Jackrabbits:

Dash for Cash – Windsor Park, TBA
Jamboree – Windsor Park – February 15 2014



2013 – 2014 Membership Fees*

Jackrabbits 1x per week

For children 4-12 years

First child \$80

Additional children from the same
family \$40

*Membership does not include Windsor Park trail fees (\$125 per family in 2013-2014) event entry or travel fees

Seine River Ski Club

815 Mulvey Avenue
Winnipeg, Manitoba, R3M 1G5

To register, contact Kimber at
seinerabbits@mymts.net



Seine River Ski Club

Family fun, fitness and
fundamentals

Who are we?

Seine River Ski Club is a grassroots, volunteer run organization. Our goals are to promote lifelong participation in cross-country skiing, family enjoyment of the outdoors and community involvement. Our coaches are all volunteers who love skiing and want to share their skills with young people. Families involved in our ski club contribute to the group by providing leadership and administrative support; assisting with special events; coaching; fundraising and baking cookies for our Tuesday night sessions.

Most sessions are held at the Windsor Park Nordic Center, 10 Des Meurons Street. [Map](#).

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Our programs

Jackrabbits: 9:30-10:30 am Saturday's

For kids aged 4 to 12. This nationally supported program promotes the fundamental development of ski skills in a fun-filled environment. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. Skiers aged 4 – 5 must be accompanied by a parent for the duration of each lesson.

Adult Sessions: Windsor Park Nordic Center (Jan & Feb) TBA (dependent on interest)

Parents of registered skiers can improve their classic and skate technique through participation in our sessions. We meet outside on the grid. Individuals are invited to participate as often as they are able.

