

## CANSI Central courses and events 2017/2018

Date: Tuesday, November 21, 2017 - 7:30 pm  
CANSI Central annual general meeting  
Location: Windsor Park Nordic Centre, Winnipeg

Date: Saturday and Sunday, November 25 and 26, 2017 - 8:30 am - 4:30 pm  
Registration open until: November 13 (email: fberard@southernhealth.ca)  
Course name: First Aid course for skiers  
CANSI has talked about making first aid training mandatory for instructors. This could be a good opportunity to update your first aid certification. This course will be standard first aid and CPR with a focus on Nordic skiing.  
Price: \$165 plus taxes (+/-) (CANSI Central will provide a \$90 subsidy to the first 10 members to register.)

Date: Saturday, December 16, 2017 - 9:00 am to 4:00 pm  
Registration open until: December 16, 2017  
Course name: X-Country Refresher/Recertification  
Location: Windsor Park Nordic Centre  
The purpose of the refresher is for instructors to get together on-snow to review and refresh their knowledge of CANSI's technical information and to maintain and upgrade their teaching and skiing skills. A refresher is required for members needing to recertify.

Date: Sunday, December 17, 2017, 9:00 am – 1:00 pm  
Registration open until: December 9, 2017  
Course name: X-Country Level I Pre-course  
Location: Windsor Park Nordic Centre  
For people interested in attending the Level I course, this day is a pre-course to evaluate skiing technique and identify areas needing improvement prior to attending the Level I course. Price: \$75

Date: Friday, December 29, 2017, 9:00 am – 4:00 pm  
Registration open until: December 29, 2017  
Course name: X-Country Refresher/Recertification  
Location: Windsor Park Nordic Centre  
The purpose of the refresher is for instructors to get together on-snow to review and refresh their knowledge of CANSI's technical information and to maintain and upgrade their teaching and skiing skills. A refresher is required for members needing to recertify.

Date: Saturdays, Jan 6 and 13, 2018  
Registration open until: December 31, 2017  
Course name: X-Country Level I  
Location: Windsor Park Nordic Centre, Winnipeg  
This two-day course will introduce you to the fundamentals of teaching cross-country skiing. You will improve your demonstration skills and teaching abilities. Students will learn how to introduce new people to the sport of cross-country skiing. People interested

in attending the Level I course should take the pre-course session on December 16, 2017.  
Price: \$235.00

Date: Sunday, January 7, 2018 – 12:00 to 2:00 pm  
CANSI Central fundraiser with Charleswood Ski Club Hill and Skill day

Date: Friday, January 26, 2018 - 7:00 pm  
Course name: X-Country instructors' workshops - (Topic TBA)  
Location: Windsor Park Nordic Centre

Date: Sunday, February 2, 2018 - 7:00 pm  
Course name: X-Country instructors' workshop (Topic TBA)  
Location: Windsor Park Nordic Centre

Date: Friday, February 9, 2018 – 7:00 pm  
Course name: X-Country instructors' workshops (Topic TBA)  
Location: Windsor Park Nordic Centre

Date: Friday, March 23, 2018, 7:00 pm (to be confirmed)  
Course name: X-Country season debrief