



Cross Country Skiing for Children & Youth*

**parents may join in as well ☺*

Humboldt's Carlton Trail Ski Club (CTSC) offers cross country ski programming led by qualified instructors to interested children and youth ages 4 – 18. All programs are subject to limited numbers.

There are three “learn-to-ski/improve your skiing” programs being offered by the CTSC in the 2019-2020 season – Bunnyrabbits, Jackrabbits, and Youth Adventure Club (YAC).

- The cost to take part in any of these three is the mandatory \$40 Membership fee plus the \$30 lessons fee (\$70 total). A second child and any subsequent children get a \$15 discount on the Membership and \$5 discount on the lessons fee (\$50 total each child).
- For no extra charge, we will fit your child(ren) with entry level skis, boots, and poles for use for the season (subject to availability – first-come-first-served). We also have high quality equipment for rent for the season (call or text Troy Gullacher at 287-7000 for details).
- Membership and lesson registration are all done online at: <https://zone4.ca> – type in CARLTON TRAIL SKI CLUB (call or text Brian Grest at 231-8284 for an instruction sheet).
- The opportunities include learning to cross country ski, building on skill sets, and refining techniques. Participants gain more than just physical skills. There's a strong social aspect to the programming as well, and it's a great excuse to get outdoors in the winter.

We also have a “**Learn to Ski Fast**” program or racing team. The cost of this program is the mandatory \$40 Membership fee plus \$100.00 programming fee and involves classic and skate style skiing.

Bunnyrabbits – Jennifer Bells (306-231-3934; jenn_bells@hotmail.com)

- Ages 4 – 6 (learn to ski).
- Mondays 4:00 – 4:30 at the Humboldt Golf Course (tee box, #10, southwest of the clubhouse).
- Will have **six** lessons. Starts November 18 - weather and snow conditions permitting. Will end after six lessons have been attained.
- Parent (or another designated responsible person) **MUST** accompany each Bunnyrabbit throughout each lesson (great opportunity for this person to also be on skis).

Jackrabbits – Troy Gullacher (306-287-7000; tgullacher@live.com)

- Typically age 7 – 11 (learn to ski/improve your skiing).
- Mondays 4:30 – 5:15 at the Humboldt Golf Course (tee box, #10, southwest of the clubhouse).
- Will have **six** lessons. Starts November 18 - weather and snow conditions permitting. Will end after six lessons have been attained.
- Parent (or another designated responsible person) **ENCOURAGED** to accompany each Jackrabbit throughout each lesson (great opportunity for this person to also be on skis).

Youth Adventure Club (YAC) – Elan Buan (306-231-4584; buan@sasktel.net)

- Typically age 12 – 18 (fun excursions).
- Parents more than welcome to accompany us (parents must be Members).
- Will meet on about **five Sundays** (or possible other days if opportune) throughout the season. Exact dates, time, and location to be determined.

Learn to Ski Fast!! – Troy Gullacher (306-287-7000; tgullacher@live.com)

- This program is for skiers aged 10-18 who would either like to compete and to travel to other sites in the province for races **OR** simply for anyone who wants to learn to ski faster (no obligation to race).
- Classic and skate ski equipment required.

For further information on the child and youth programs or any other aspect of the Carlton Trail Ski Club, please contact Brian Grest at 306-231-8284 or carltontrailskiclub@gmail.com or visit our website at <https://carltontrailskiclub.weebly.com/>.

Please “like” us on **Facebook** follow us on **Twitter** as well.