

Attention Grade 7 and 8 Parents

Your child will be participating in cross country skiing freestyle skate lessons as part of their physical education program. Please check the attached schedule to determine the days they will be skiing. All students need to be prepared to spend the double period outside.

Students will need a touque, mitts, long underwear, wind pants or snow pants, a fleece top and over jacket or winter jacket. Please take the time to ensure that your son or daughter dresses in layers and does not wear jeans. Cotton is not a suitable winter workout material and kids who wear jeans often are limited in their participation which can in turn affect the quality of instruction other students receive.

Students who have their own skate ski equipment need to bring it and students who do not have ski equipment will be provided with a set. With our larger class sizes this year we are not able to provide last minute equipment to students who forget to bring their own.

Transportation to and from the Nordic Center will be on a Canadian Rockies School bus.

I had such an incredible time last year teaching these kids. I am thrilled to have another opportunity to ski with many of them again this year. If you would like to come out and ski with our group please don't hesitate to send me an email and let me know when you would like to join us.

Thanks,

Andrea Quinlan
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