



New Additions to Ski Lessons for Winter 2012

Beginner Ski Lessons

The weather is warming up and the days are getting longer. Come on out for a introduction to cross country skiing. We are offering beginner lessons for **Skate Skiing** and **Classic Skiing**. **If you are new to cross country skiing, first try the classic skiing.** The skills you learn will transfer directly over to skate skiing. We will show you how and why. The lesson meets indoors at Hilltop Ski Area chalet and will be on the Hillside trails. You will learn how to move, turn, stop, how to get up from a fall and basic trail etiquette.

Gear rentals are available from REI, AMH and Barney's Chalet. Lesson is 1.5 hours in length.

Cost: \$30 for NSAA members, \$35 for non-members

Dates:

Beginning Classic Feb. 10, 24 March 9, 23

Beginning Skate Feb. 17, March 2, 16, 30

Intermediate Skate Lessons

Are you interested in improving your technique on the trails? Want that tip that makes skiing more enjoyable? Whether it is hills or technique, these lessons will work on more efficient movements to improve your skiing. Three lessons, spread over three weeks will allow for time to incorporate that tid bit into your skiing without overwhelming you with information. Lessons will meet indoors at Kincaid Chalet and go out on the lit trails.

Cost: \$90 for NSAA members, \$105 for non-members

Dates: Feb. 9, 16 and 23, Feb. 14, 21 and 28, Mar. 1, 8 and 15, Mar. 6, 13 and 20 and Mar. 22, 29 and April 5



REI Beginner Ski Lessons

These lessons are for people (16 years of age and up) who are looking at getting a better understanding of equipment, differences between skate and classic as well as the technique for each. We will be offering a classic/ diagonal stride class and skate lessons. Our first lesson will be indoors at REI and will cover equipment and technique. Following lessons will be on snow at Kincaid for classic and skate will be on Hillside trails by Service High School.

Cost: \$100 for NSAA members, \$110 for non-members

Junior Nordic Parent Ski Lessons

Have you wanted to be in the class to get some technique information and tips? Than this is the class for you. Drop off your kids and join your own coach for your own class. Unwind on the trails with other parents and get that information on technique, what it looks like and where/how it is the helpful. Ski the trails to unwind and recharge before heading home. We will be offering Monday/ Wednesday / Saturday and Tues/ Thursday/ Saturday lessons at Hillside and Kincaid. Russian Jack will have Monday/ Wednesday/Saturday first session and one each Monday/Wednesday/ Saturday and Tuesday/Thursday/ Saturday for second session.

Cost: \$75 for NSAA members, \$85 for non-members

Tour of Anchorage Sneak Preview

Come on out for a quick technique and terrain tactic lesson on different portions of the Tour of Anchorage. Ski the finish or the start from the 25, or 40/50 K start. Get the inside scoop on what to expect while you prepare

Cost: \$25 for NSAA members/ \$30 for non-members

Dates:

40K/50K Start - Saturday 12:00-1:30 - Feb 25, 2012

Kincaid Finish - Sunday 12:00-1:30 - Feb 26, 2012

25K Start - Friday 12:00-1:30 - Mar 2, 2012



One Shot Ski Lessons

Friday afternoons we will be offering from 12:00-1:30 pm walk up lessons for skate and classic. Meeting indoors at the Hillside Ski Chalet, we will offer a skate and a classic lesson for experienced skiers. Beginners may join the Beginner class which is separate from this class.

Price \$25 for NSAA members/ \$30 for non-members

Dates: January 6 through March 30, 2012

Private Cross Country Lessons

In addition to the private lesson, we also offer video training at no extra cost if desired. [Click here to view our sample lesson or view your private lesson](#)

Give us a call to set up a private lesson for Classic, Skate or Telemark with one of our Pro's! Call (907) 276-7609 *Prices below.*

<u>Lessons are 1 hour increments</u>		
Private	1 person	\$50
Semi-private	2 People	\$40 each
Semi-private	3 People	\$30 each
Semi-private	4 People	\$25 each
Group rate	5-10 people	\$20 each