

# Highlands Nordic Winter Programs

## Elementary Schools 2018/2019



### Booking is Easy!

Phone or Email Highlands Nordic  
 Phone: 705-444-5017 or 1-800-263-5017  
 Email: [hoec@highlandsnordic.ca](mailto:hoec@highlandsnordic.ca)  
 Website: [www.highlandsnordic.ca](http://www.highlandsnordic.ca)  
 Address: 1182 Concession 10 South  
 Clearview Township, Duntroon, ON L0M 1H0



### Our Mid-Week Elementary Winter Programs

Our day sessions are designed to introduce students to **cross country skiing** and **snowshoeing**. Fully certified instructors will provide a **30 minute ski lesson**. After the lesson, students, teachers, and parent volunteers can use our marked trail system.

**Sit skis** are available for students with little to no mobility below the waist.

**Guides available** for visually impaired students.

*If skiing and snowshoeing, ski rates apply. If students are using their own equipment, public rates apply.*

*\*For safety and proper fit, it is recommended that participants use Highlands Nordic rental equipment.\**

#### Elementary School Prices – Full Day

Item	Classic Skiing	Public Rate	Snowshoe	Public Rate
Trail Pass	\$10	\$14	\$7	\$10
Rental	\$5	\$14	\$5	\$10
Group Lesson	\$5- mandatory		\$8- mandatory	
<b>Total</b>	<b>\$20</b>		<b>\$20</b>	

**Full Day - \$20.00 Per Visit Per Student – minimum 10 students**

**\* If less than 10 students, public fee schedule applies, plus instructor fee: \$40.00 per hour**

#### Elementary School Prices – Half Day

Item	Classic Skiing	Public Rate	Snowshoe	Public Rate
Trail Pass	\$7	\$14	\$5	\$10
Rental	\$4	\$14	\$4	\$10
Group Lesson	\$4- mandatory		\$6- mandatory	
<b>Total</b>	<b>\$15</b>		<b>\$15</b>	

**Half Day - \$15.00 Per Visit Per Student – minimum 10 students**

**\* If less than 10 students, public fee schedule applies, plus instructor fee: \$40.00 per hour**

\*Teachers and volunteers ski and snowshoe for FREE! This is with the expectation that they will help students with their skis, ski boots, snowshoes, and trail supervision.

## **Winter Program 1: Cross Country Skiing/Snowshoeing**

**\*This program is offered to students in grades 3-8\***

**Skiing:** students will have a half-hour lesson in which they learn proper skiing techniques. After the lesson, students, teachers, and parent volunteers explore nature unique to the Niagara Escarpment, along our marked trail system.

Fees include a trail pass, half hour lesson, and classic no-wax equipment.

**Snowshoeing:** per session, the class may choose one of: Winter Survival, Shelter Building, Predator/Prey Survival Game, Wildlife Hike, or Trappers and Traders if applicable. Fees include a trail pass, snowshoes, and a snowshoe guide/outdoor interpreter.

## **Winter Program 2: Curriculum Based Program & Cross Country Skiing or Snowshoeing**

**\*This program is offered to students in grades 1-6; note: grades 1 and 2 will snowshoe, not ski\***

**Curriculum based- half day:** a select number of Science/Geography/Social Studies programs are offered year round. Students spend half day indoors with **hands-on, inquiry-based learning**, as they rotate through a series of dynamic **activity centres**.

**Outdoors- half day:** out on skis after a lesson, or on a guided snowshoe hike

### **Student Checklist**

Winter hat, water bottle, layers of clothing, sunglasses, warm socks, snow pants, winter jacket, warm mitts or gloves, healthy nut-free snacks, lunch (if applicable).

### **Teacher Checklist**

-When booking, please have the following information ready: program, date(s), number of students and grade.

-Please review a list of rules and etiquette with your students on your group's first visit. This helps to ensure your students' day is safe and fun. A copy of our Rules and Etiquette can be found on our website.

### **Invoicing**

-During each visit with us, we require a teacher to sign off on the number of students in attendance from your school. This helps to ensure an accurate invoice is issued to your school.

-Upon completion of your school's visit, Highlands Nordic will email your school an invoice or give the invoice to the teacher in charge.

### **Winter Facilities**

Our **24 km** of ski trails are 25 ft wide and groomed for both classic and skate skiing techniques. Our scenic **7km** of snowshoe trail will lead you through a seemingly secluded winter wilderness. Both networks offer a variety of distances and degrees of difficulty for all ages and abilities.

Our **Rental Shop** offers a full size range of boots, skis, poles, snowshoes, and sit skis. A full service Pro-Shop and Repair Shop will be open daily for any service needs.

Our **Full Service Cafeteria** is at your disposal. A selection of hot and nutritious lunches are available for purchase. We also welcome your group to bring their own lunches and snacks if they choose.

**Canadian Ski Patrol** toboggans and snowmobiles are always ready for an emergency.

Washrooms, change-rooms, seating areas and conference rooms make our lodge versatile.