



**Penobscot Valley Ski Club and the
Winterport & Hampden Recreation Departments:
2010 Cross Country Ski Program**



**Registration Sign up:
Mon, Nov. 9th, 5:30-7pm @ Victoria Grant Center in Winterport**

Come experience the enjoyment of cross country skiing! The PVSC in conjunction with the Winterport and Hampden Recreation Departments would like to invite youth ages 6 – 16 to learn to cross country ski. Through direct skill instruction and fun ski games, this program is organized to meet the needs of various ski levels. **NEW THIS YEAR:** Wednesday practices specifically for intermediate to advanced skiers interested in ski technique instruction and ski training workouts. There are also x-c ski racing opportunities if desired. Program runs from December 10th through March 7th with no practices during school vacations.

SKI EQUIPMENT RENTAL Equipment is available for seasonal rental for \$50. If you wish to use this equipment rental program, you must be registered and paid before or on November 9th.

Registration sign up will be November 9th from 5:30-7pm at the Victoria Grant Civic Center. If you can not attend the registration night, please contact Emily Cartwright, to obtain the proper forms and waivers needed for participation: emilyski@yahoo.com or 223-4791.

SCHEDULE:

Ski Season begins Thursday, **December 10th** & ends Thursday, **March 4th** (no practices during December school vacation)

Practice Schedule for All Ability Levels:

- Mondays and Thursdays from 2:30-3:45 PM at Abbott Park in Winterport

Practices for Advanced Skill Development:

- Wednesdays from 3:15- 4:30 PM at TBD location in Hampden

See reverse side for schedule of special ski events

COST:

- You must be a member of Penobscot Valley Ski Club. **Membership in PVSC: \$25 individual or \$30 for family**
- **Plus program Fee: \$20 and \$5 for each additional family member**

Optional Equipment Rental: \$50

- Thanks to Mojo & Maine Winter Sports Center for the seasonal equipment lease program.

(Ski bags are not available for rental this year. However, it is strongly suggested you find one to protect your rental skis as you are responsible for damage.)

Practice cancellations occur due to snow conditions and weather-- cancellations will be emailed to you.

We welcome volunteers!! Please contact Emily at emilyski@yahoo.com or 223-4791.

XC Skiing Registration Form: (If you can not make registration sign up night please contact Emily at above email address.)

Name of participant: _____ Date of Birth: _____ Gender: M F

Parent/Guardian Name: _____ Phone: _____ Cell Phone: _____

Address: _____ Email: _____

Emergency Contact (name, phone): _____

1. **Which days will you participate?** Mon Wed Thurs
2. **Do you own ski equipment?** Yes No If no, do you want to participate in \$50 equipment lease program? Yes No
3. **Are you already a PVSC Member?** YES NO If yes, what is your membership # _____

**Membership fee, program fee, and ski rental payments can all be made in one check payable to:
Penobscot Valley Ski Club**