

Introduction to Cross Country Skiing with Paul Jensen pauljoy55@yahoo.ca

Tuesdays, 10:00 – noon. First class in United Church Parlours, the rest at Beech Hill Park, weather permitting.

8 weeks with first class on Jan 19, 2010

Maximum 20

Storm Policy: No classes when schools are closed in Sackville.

The course will consist of an initial “in-class” theory session followed by “hands-on” trail sessions with lessons given as per group needs. We will make the best use of the local available trails that suit the skills and abilities of the group. We may also journey on one or more occasions to close –by venues like Kouchibouguac. The focus will be on fun, health and camaraderie. Anyone with health concerns should have permission from his/her doctor.

Instructor Bio:

Paul began c-x skiing in the mid 70’s. The very next season he began racing and doing loppets (marathons). A natural progression was to become certified as a C.A.N.S.I (Canadian Association of Nordic Ski Instructors) instructor. This sport has continued to be one of the passions of his life. He only hopes he can still be at it at 105...like the famous “Jack-rabbit Johansen” managed to do

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place.

Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!