

Cross Country Ski Outing

- Instructor:** Roger Albert and Jeanne Maddix; roger.albert1969@gmail.com; 506 856 5077, 506 381 0036
- Date/Time:** Wednesdays; Feb 7; 1:15 – 3:30pm
- First class:** Wednesday, Feb 7 (2 Session/s)
- Location:** Centennial Park, Moncton NB
- Participants:** Min: 5; Max: 10

Course Outline:

The Cross Country Ski Outing provides an opportunity to enjoy the trails in Centennial Park. Note that participants should be in proper physical condition and have previous experience in cross country skiing as there are hills in the park. Practice or conditioning skiing are encouraged prior to the outings.

Instructor Bio: Roger has previously conducted some ski sessions for Tantramar Senior College. Jeanne and Roger are both long-time cross-country ski enthusiasts.

Remember to Check Your E-Mail Before Each New Course Begins and During the Course. You will receive an e-mail if:

- a)** the course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course; **b)** during the course if the instructor gives notice that he/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without e-mail by phone, so please make sure TSC has your correct phone number and e-mail.

Attendance/Absenteeism. TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at tsccoordinator@gmail.com or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

Classroom Comportment. Active class participation is welcomed and encouraged by TSC. We request that class members remain mindful of the level of comfort of their fellow students and the volunteer instructors as they participate in discussion.