



SNASC & VISAS



# Learn to Ski Day

**Cross-country skiing for people with disabilities**

Mt Washington Nordic Centre, Vancouver Island

*Sunday, February 23*



***The aim of this clinic is to teach people with physical disabilities to cross-country ski – either standing up or using a sit ski.***

Nordic or cross-country skiing is a great way to get out and enjoy the outdoors in winter. It is also good exercise and can be enjoyed by people with many different disabilities including paraplegia, amputations, visual impairments, cerebral palsy, MS, brain injuries, and more.

Here is your chance to try this activity at little cost in a supportive environment with volunteer instructors. Complete beginners and those with some experience are welcome. Ages 8 to adult.

## **Who can sign up?**

- **Sit skiers** must have reasonable upper body strength to be able to push yourself along in a sit ski. *Wheelchair users must be able to transfer with minimal assistance.*

Sit skiing may also be appropriate for people who are not wheelchair dependant but whose mobility is limited by lower limb problems or balance.

- **Standing skiers** must be able to stand and walk at least 400m with or without walking aids but without assistance from another person.

**Cost** is \$20 and includes trail pass, equipment, and instruction.

**For more information and to register**, contact Sue Bloxsome.

sbloxsome@gmail.com or 250 334 3267

**Registration deadline** is February 16.

*(Note: The clinic may be cancelled if snow conditions are inadequate.)*