



**ACTIVE OUTDOORS**  
**Lappe Nordic**  
**Spring & Summer Programs 2017**  
**Spring and summer programs to keep you active outdoors!**

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**Dryland Fit**

- **Dryland Ski Training: Running, Ski Hiking, Roller Skiing**
- **Strength and Conditioning**
- **Plus a low impact training option**

**8 week Spring & 8 week Summer program for adults**

- **starting Saturday, May 6<sup>th</sup> (2 sessions /week)**

**Description:** The Dryland Fit group is a very supportive adult ski training group. Activities include ski walking/hiking, running and roller skiing (optional), with each session including a low impact option. Training sessions include continuous aerobic work either as steady effort or intervals. Additionally, the sessions include drills and exercises to improve skiing and running technique/form and to develop mobility and strength.

**Cost: \$80 + HST \***

**Location & Time:** Most training sessions are held at Centennial Park or Boulevard Lake. A weekly practice schedule is sent to participants. Practices are held on Tuesday from 6:00 to 7:45pm and Saturday from 9:30 to 11:15am. The group may participate in the Kamview trail race on occasion.

**Equipment Needed:** Participants will need running shoes and ski hiking/walking poles. If you choose to roller ski you will need ski poles with roller ski ferrules/tips, ski boots, gloves and a bike helmet. If you do not have roller skis the club has some for loan for the practice.

**Registration:** Will be available at [zone4.ca](http://zone4.ca) after April 15<sup>th</sup> (type Lappe in search bar).

**Info. & Contact:** Kevin Shields, 346-8084 (H) or [kevin.shields@uwaterloo.ca](mailto:kevin.shields@uwaterloo.ca)

\* Program registrations are subject to HST. Also, all participants in Lappe Nordic programs must become members in Cross Country Canada, Cross Country Ski Ontario, and Lake Superior Ski District. This requires the payment of an affiliation fee (\$20) to be paid along with the first program registration of the 2017 – 2018 year. Once paid, the affiliation fee will not be required for subsequent registrations, in the 2017 – 2018 year.