



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

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**KIDS RUNNING WILD**

- **Outdoor Games (traditional & inventive)**
- **Adventure Hiking**
- **Orienteering and Map Skills**

**Six week program for kids ages 7 to 12 years old**

- **starting Thursday, May 18<sup>th</sup>.**
- **5:30 to 7:00 p.m.**

**Description:** The Kids Running Wild (KRW) Thursday evening session is one and a half hours long and typically starts with a large group game or activity. The group is then divided into smaller groups, based on age, friends and orienteering skill/experience. The small groups are given short orienteering activities including games and challenges to learn map skills and navigation. The session ends with a short small or large group game followed by a snack.

Additional to the Thursday evening sessions there are Adventure Hikes on the weekend. Time and location of these are to be determined.

**Cost: \$55 + HST \***

**Limited Space:** To ensure we have appropriate coaching support for KRW participant space in the program is limited.

**Location:** The weekly Thursday evening sessions are held at either Centennial Park or Boulevard Lake.

**Equipment Needed:** No special equipment is needed. Participants are asked to wear running shoes. Long pants are recommended as there will be some running through grass and forest undergrowth.

**Parental Assistance:** Parents are asked to assist during the small group orienteering activity. The small orienteering groups are 2 to 4 people. We require about six parent assistants per session.

**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.