

Lappe Nordic Membership & Program Information 2018 - 2019

Note 1: 2018-19 fees are inclusive of Zone4 and credit card registration fees.

Note 2: HST is extra.

Note 3: All registrants in programs must pay the CCC, XCSO, LSSD affiliation fee which also covers insurance.

Note 4: Wax fees for race team participants are listed at the bottom of this document.

Club Membership	2018-19				
Individual	\$25.00				
Couple	\$45.00				
Family (all living in same abode)	\$55.00				
Lappe Jackrabbit Programs		Duration	Months	Days	Start Date
Spring Kids Running Wild [Ages 6-10]	\$50.00	6-weeks, 1-2X/week	May-June	Thursdays plus optional weekend activity	17-May
Fall Kids Running Wild [Ages 6-10]	\$80.00	10-weeks, 1-2X/week	Sept-Nov	Thursdays plus optional weekend activity	<i>15-Sep</i>
Bunny Rabbit [Age 5 & under]	\$55.00	9-weeks, 1X/week	Dec-Feb	Saturday	<i>08-Dec</i>
Jackrabbit – Saturday [Ages 6-10]	\$80.00	10 weeks, 1X/week	Dec-Feb	Saturday	<i>08-Dec</i>
Jackrabbit – Saturday & Thursday [Ages 6-10]	\$110.00	10weeks, 2X/week	Dec-Mar	Thursday, Saturday	<i>06-Dec</i>
Super Saturdays for Level 3 & 4 Jackrabbits [Ages 7-10]	\$30.00	6-weeks, 1X/week	Dec-Feb	Some Saturday afternoons	<i>08-Dec</i>
Lappe Lynx Programs		Duration	Months	Days	Start Date
Spring Kids Running Wild [Ages 10-13]	\$50.00	6-weeks, 1-2X/week	May-June	Thursdays plus optional weekend activity	17-May
Fall Kids Running Wild [Ages 10-13]	\$80.00	10-weeks, 1-2X/week	Sept-Nov	Thursdays plus optional weekend activity	<i>15-Sep</i>
Lynx Adventurers – Saturday [Ages 10-13]	\$80.00	10 weeks, 1X/week	Dec-Feb	Saturday	<i>08-Dec</i>
Lynx Adventurers – Saturday & Thursday [Ages 10-13]	\$110.00	10weeks, 2X/week	Dec-Mar	Thursday, Saturday	<i>06-Dec</i>
Track Attack* [Ages 10-12]	\$210.00	25-weeks, 2X/week	Sept-Mar	Thursday, Saturday	<i>15-Sep</i>
Midget Ski Team* - 30 weeks [Ages 12-13]	\$315.00	30-weeks, 2-3X/week	Sept-Mar	Tuesday, Thursday, Saturday	<i>08-Sep</i>
Midget Ski Team* Year Round (with coach approval) [Ages 12-13]	\$375.00	Year round, 2-3X/week	May-Apr	Tuesday, Thursday, Saturday	08-May
Super Saturdays [Ages 10-13]	\$30.00	6-weeks, 1X/week	Dec-Feb	Some Saturday afternoons	<i>08-Dec</i>
* Includes Fall Kids Running Wild					
Try-It Programs [Ages 6-13]		Duration	Months	Days	Start Date
Try-It Ski Clinic! (includes equipment)	\$107.00	5-weeks, 1X/week	Jan-Feb	Saturday afternoon	mid Jan
ParaNordic/Adaptive Try-It Ski Clinic! (includes equipment)	\$107.00	5-weeks, 1X/week	Jan-Feb	Saturday afternoon	mid Jan
Try-It Ski Clinic! (No equipment)	\$67.00	5-weeks, 1X/week	Jan-Feb	Saturday afternoon	mid Jan
ParaNordic/Adaptive Try-It Ski Clinic! (No equipment)	\$67.00	5-weeks, 1X/week	Jan-Feb	Saturday afternoon	mid Jan

Red = tentative

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Lappe Juniors Programs		Duration	Months	Days	Start Date
Junior Adventurers [Ages 14-19]	\$160.00	10-weeks, 1-2X/week	Dec-Feb	Thursday, Saturday	08-Dec
Junior Development Ski Team [Ages 14-19]	\$415.00	May to April, 2-3X/wk	May-Mar	Tuesday, Thursday, Saturday	01-May
Junior Ski Team [Ages 16-19]	\$625.00	May to April, 3X/wk	May-Apr	Tuesday, Thursday, Saturday	01-May
Lappe Adult Programs [Ages 20+]		Duration	Months	Days	Start Date
Spring Adult Dryland Fit Program	\$60.00	8-weeks, 2X/week	May-June	Tuesday, Saturday	08-May
Summer Adult Dryland Fit Program	\$60.00	8-weeks, 2X/week	July-August	Tuesday, Saturday	03-Jul
Fall Adult Dryland Fit	\$80.00	10 weeks, 1-2X/week	Sept-Nov	Tuesday, Saturday	01-Sep
Adult Flex Drop-in Dryland 10 Practices	\$65.00	May to November	May-Nov	Tuesday, Thursday, Saturday	08-May
Senior Ski Team	\$625.00	May to April, 3X/wk	May-Apr	Tuesday, Thursday, Saturday	01-May
Citizen Ski Team	\$315.00	25-weeks, 2X/week	Sept-Mar	Tuesday, Saturday	01-Sep
Get Fit for Sleeping Giant - On Snow	\$110.00	10 weeks, 1X/week	Dec-Mar	Sunday afternoon	02-Dec
Recreational Technique	\$110.00	10 weeks, 1X/week	Dec-Feb	Saturday afternoon	08-Dec
Adult Flex Drop-in On-Snow 10 Practices	\$120.00	December to March	Dec-Mar	Tuesday, Thursday, Saturday	01-Dec
Modified Race Team	\$470.00	May to April	May-Apr	Tuesday, Thursday, Saturday	01-May
Biathlon Ski Training Programs		Duration	Months	Days	Start Date
Junior Biathlon Ski Development [Ages 14-19]	\$415.00	May to April, 2-3X/wk	May-March	Tuesday, Thursday, Saturday	01-May
Junior Biathlon [Ages 16-19]	\$625.00	May to April, 3X/wk	May-April	Tuesday, Thursday, Saturday	01-May
Senior Biathlon [Ages 20+]	\$625.00	May to April, 3X/wk	May-April	Tuesday, Thursday, Saturday	01-May
Wax Fees		<p>Note: Wax fees are cumulative. If more than one wax type is used on a pair of skis, the fees are added together. These wax fees are based upon an estimate of the actual cost of the wax itself (i.e. on a cost recovery basis) in order that we can replenish to our wax box those waxes actually used.</p>			
Parafin/basic HydroCarbon	\$1.00				
Low Flouro	\$4.00				
High Flouro	\$10.00				
Cold Powder/Hardner	\$5.00				
Flouro Block	\$5.00				
Flouro Liquid/Gel	\$10.00				
Flouro Powder	\$20.00				