

KNC Nordic Ski Retreat Tentative Schedule

Friday December 13th – Sunday December 15th, 2024

Register on Zone 4

Kickstart this season with a weekend on snow at the Kimberley Nordic Club! Retreat will include classic and skate ski instruction, technique clinics, biathlon, optional video analysis, catered lunches, and more! There will also be options for mingling and enjoying a more relaxed pace, including evening socials and yoga.

Schedule:

Friday December 13th: 6:30 pm till 8:00 pm

6:30pm: Meet and greet, confirmation of weekend activities and social ski

Saturday December 14th: 9:00 am till 3:30pm

9:00am: Warm up

Morning: Small group lessons – participants choose skate or classic technique

Lunch: Catered lunch and optional video analysis

Afternoon: Biathlon *or* yoga *or* group ski (choices!)

Evening: Optional social dinner and viewing of World Cup races at KNC Lodge

Sunday December 15th: 9:00 am till 2:30pm

9:00am: Warm up with Shenoa from Ascend Movement

Morning: 2 x 1hr classic/skate skills workshops/movement clinic – participant's choice!

Lunch: Catered lunch

Afternoon: Surprise activity and closing

