



PROGRAM GUIDE 2025-26



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If you have any questions regarding our programs, please contact our
Program Administrator at programs@kimberleynordic.org

To learn more about each program and register, please visit our website,
kimberleynordic.org

Registration opens August 15th at 10:00am



Jackrabbits: Ages 4-9



This is a “learn-to-ski” program with a focus on fun and skills development for young skiers aged 4 and up. This program builds physical literacy and encompasses the Active Start and FUNdamentals stages of the [Long Term Athlete Development](#) (LTAD) model. Kids will learn the basics of cross-country skiing through games and structured coaching. The emphasis is on encouraging children to enjoy this wonderful sport and to pursue it as a lifetime activity, recreationally or competitively.

When we meet:

- Sundays: 1:00pm, 12 sessions, December 7th, 2025 to March 8th, 2026 (no sessions Dec. 21 and Dec. 28)
- Tuesdays: 4:30pm, 12 sessions December 9th, 2025 to March 8th, 2026 (no sessions Dec. 23 and Dec. 30).

Cost: \$120

Equipment Rentals \$70 (classic skis, boots, poles)

Track Attack: Ages 9-11 (U10 & U12)



Age appropriate and fun, Track Attack is a ski program about trying all the aspects of groomed trail Nordic skiing including (among other things) some biathlon, orienteering, bushcraft, and racing. Our talented coach team ensures skills development through the use of team-building, games, drills, and age appropriate challenges. Track Attack encompasses the Learning to Train stage of the LTAD model. Most Track Attack kids come through our Jackrabbits program before entering this program. However, we do welcome new skiers who are motivated to learn. Skiers are introduced to some racing and training concepts but this is only a small part of the program and not in any way mandatory. The emphasis of the program is to learn good ski technique, be a part of our skiing community, and ultimately encourage children to enjoy skiing as a lifelong activity.

When we meet: Tuesdays and Thursdays from 4:30-6:00pm

→ **Dryland:** September 9th until there is enough snow to ski

→ **On Snow:** November-March 12th (no practices Dec. 23 - Jan. 1)

Cost: \$400

Equipment Rentals: \$200 (classic and skate skis, boots, and poles)

Adventure Ski: Ages 12-18



This program is for youth with a sense of adventure who want to explore skiing through all avenues. This includes building on skill development gained in Track Attack/previous ski experience while embracing the Active for Life stage of the LTAD model and exploring other areas of winter adventure. Adventure skiers will develop their classic and skate ski technique through practice, games, long distance skis, and backcountry ski activities. The goal of this program is to further confidence on the Nordic trails and to create lifelong participants in winter activities.

Requirements: Youth must be able to remain active for 1.5 hours and have an understanding of both classic and skate skiing.

When we meet: Tuesdays from 4:30-6:00pm (longer adventure days will occur throughout the season)

→ **Dryland:** Bi-weekly, September 9th-November 25th

→ **On Snow:** Weekly, December 2nd-March 10th (no sessions Dec. 23 and 30)

Cost: \$250

Equipment Rentals: \$100 (classic and skate skis, boots, and poles)

Junior Development: Ages 12-18 (U14-U18)

The Junior Development Program is designed for youth athletes in the U14 to U18 age categories who are eager to build their skills, confidence, and enjoyment of cross country skiing. This program supports both recreational and competitive pathways, helping athletes thrive in sport and life.

Skiers will develop strong technique, agility, power, and confidence on skis. In addition to on-snow training, athletes will be introduced to key elements of athletic development including strength training, mental strategies, nutrition concepts, and goal setting. This program aligns with the Training to Train, Learning to Compete, and Active for Life stages of the LTAD.

For athletes interested in racing, there will be opportunities to travel to local, regional, and provincial competitions (U14), and even national-level events (U16 and U18), depending on interest and readiness.

From May to October, dryland training options may include roller skiing, trail running, field games, strength sessions, and more. Participants can also choose to follow a Yearly Training Plan (YTP) for individualized, structured training throughout the year.

When we meet:

- Dates and times vary based on coach and participant availability. For specific dates and times, please email coach@kimberleynordic.org

Cost:

- **U14:** \$700 (no yearly training plan)
- **U16 & U18:** \$950 (includes yearly training plan)
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Equipment Rentals: \$200 (classic and skate skis, boots, and poles - U14 only)



Biathlon: Ages 9+



Biathlon Bears and Youth biathletes are encouraged to be involved with the Track Attack and Adventure Ski programs for their ski training. Sessions at the biathlon range focus on developing marksmanship skills and putting it all together with ski skills in order to compete in biathlon recreationally or at a higher level. Although ski technique is a key component to biathlon, Nordic skiing is not a requirement to register for any of our programs. All our programs feature a wide variety of games, drills, and friendly competitions to

create a dynamic team environment and instill a lifelong interest in sport.

Track Attack/Biathlon athletes are in the “Learning to Train” stage of the LTAD model. In addition to important gains in aerobic fitness, ski specific sport skills and social developments, biathlon helps to develop the mental skills, focus and discipline needed for success in life.

When we meet: Saturdays, January 3rd to mid-March

- Adults: 9:30-11:00am
- Biathlon Bears: 11:00am-12:30pm
- Youth: 12:45-2:15pm

Cost: \$175 (all programs)

***Note:** all Biathlon participants must also purchase a [Biathlon Canada](#) membership before the season begins.

Adult Ski Programs: Ages 19+

KNC has adult programs for a diversity of skiers, whether you are learning to ski, hoping to stay active, or pursuing race ambitions.



Dryland Training: Dryland Training will focus on building skill fundamentals – agility, balance, and coordination; and a strength foundation. A typical session will consist of warm-up activities and stretching, activity circuits, core and body-weight strength, hill striding, and other low impact running activities.

This program is for participants who are already active and would like sport-specific training to begin the ski season with a strong level of fitness.

When we meet:

- Tuesdays, September 30th-November 18th (8 weeks)
 - ◆ Time: 6:00-7:30pm
- Thursdays, September 18th-November 20th (no session Oct. 16th)
- Time: 10:00-11:30am

Cost: \$100 (Tuesdays), \$112.50 (Thursdays)

Evening Training Group: The Evening Training Group will focus on building race-ready fitness and skills. A typical session will consist of progressive technique work followed by intervals to build participants throughout the season towards goal races or fitness. The aim of the group is to provide a social and supportive community to those who are interested in pushing the pace while improving fitness and/or skills throughout the season.

This program is for advanced skiers and includes a training plan. New this season, we will be promoting a non-instructed group ski on Sundays for the day and evening training groups.

Classic and skate skiing will alternate each week. Sign up for both skate and classic or just one (bi-weekly).

When we meet: Tuesdays, December 9th - March 10th (12 weeks) (No sessions Dec. 23 and Dec. 30)

→ Time: 6:15-7:45pm

→ Classic (Dec. 9) and skate (Dec 16.), techniques will alternate weeks

Cost:

→ Weekly: \$240 (12 sessions + plan)

→ Bi-weekly (classic or skate): \$156 (6 sessions + plan)

Daytime Training Group: The daytime training group will focus on guided self-improvement in a fun and supportive environment, with a lower intensity than the evening program. This program is ideal for competitive and non-competitive skiers looking to complete a Loppet, increase fitness or challenge themselves in a group setting. The program will include video analysis and a planned progression of skills to initially reinforce the fundamentals of core ski techniques with more advanced instruction provided as the season progresses. A typical session will consist of skill development and training drills, guided ski time on appropriate terrain to practise new skills, training exercises which may include intervals, relays or sustained tempo efforts.

This program is for intermediate level skiers who want to challenge themselves to improve both their fitness and technique and includes a training plan. Skiers should be comfortable skiing all trails at KNC.

When we meet:

- Thursdays, December 11th - February 26th (no sessions Dec. 25 - Jan. 1)
- 11 weeks (skate technique each week)
- Time: 9:30-11:30am

Cost:

- \$315 (11 sessions + plan)

Ski Fit: This **NEW** program will focus on improving fitness and technique in a fun environment. A typical session will consist of warm-up and muscle-engagement drills, a progression of skills in both Classic and Skate techniques, guided skiing with your instructor to practise new skills, and an introduction to basic training methods.

This program is for skiers who have the basics of cross country skiing (ie. stepping in and out of tracks, skiing 10km with moderate climbing, and navigating turns on hills) and are ready for the next step.

When we meet:

- Tuesdays, December 9th - February 25th (no sessions Dec. 23 and Dec. 30)
- Classic (Dec. 9) and skate (Dec. 16) techniques will alternate weeks
- Time: 10:00-11:30am

Cost:

- Weekly: \$200
- Bi-weekly (classic or skate): \$130

Group Ski: This **NEW** program is like a group ride on skis! The focus of this program is to explore the KNC trails as a group with some helpful tips and tricks from our instructors along the way. Join us in the lodge afterwards for après snacks and beverages!

Classic and skate skiing will alternate each week. Sign up for both skate and classic or just one (bi-weekly).

When we meet:

- Thursdays, December 11th - March 5th (no sessions Dec. 25 and Jan. 1)
- Classic (Dec. 11) and skate (Dec. 18) techniques will alternate weeks
- Time: 6:15-7:45pm

Cost:

- Weekly: \$144
- Bi-weekly (classic or skate): \$94
- Single Drop-in: \$15 (must be purchased before class at the ticket window)

Ski and Yoga!: This **NEW** program is in partnership with Kula Yoga. Participants will go on a 45 minute group ski led by KNC's instructors who will offer some helpful tips and tricks along the way. Then the group will head to KNC's gym for a 45 minute skier-specific yoga session led by Sasha from Kula Yoga.

This program is for intermediate to advanced skiers. Sessions will be classic technique.

When we meet:

- Wednesdays, January 7th and January 14th
- Time: 6:15-8:00pm

Cost: \$50

Novice & Intermediate Group Lessons: Nordic skiing is a very technical sport. Instruction can help make your skiing experience better! Proper technique will reduce back pain, slipping and increase efficiency and enjoyment. 3 or 4-week lessons for those looking to advance their skills with a CANSI-certified instructor. The low ratio of instructor to student will aim to advance your skiing with skiers at a similar level in a social setting. Meet friends and become a more proficient skier in group lessons.

When we meet:

- Daytime: Mondays from 10:00 –11:30am (December 1st-15th; January 5th-26th)
- Evenings: Thursdays from 6:15 –7:45pm (December 4th-18th; January 8th-29th)

Cost:

- December three-week program: \$60
- January four-week programs: \$80

Beginner Group Lessons: These **NEW** lessons are for those excited to learn to ski! In the two hour session you will learn the basics of cross country skiing such as how to diagonal stride (classic) or how to skate (skate), get back up from a fall, use your poles, and get up small hills. At the end, you should be able to confidently explore our green trails on your own!

After taking a beginner lesson, you can take part in our group lessons to further progress your skills. Gear rentals included with registration. You can sign up for either skate or classic technique. Non-members can register in person at the Welcome Centre.

When we meet:

- Saturdays, December 6th; December 20th; January 3rd
- Time: 9:00-11:00am

Cost: \$60 (includes day pass, rentals, and lesson) Sign up for either skate or classic technique.

Ski at School: Ages 4-18



This program is available to all school and community child/youth groups. Students will learn the basics of this life-long winter activity from qualified and experienced instructors who weave together fun-filled games, ski play, and time on the trails. Ski at School lessons are available daily upon private booking.

Cost:

- 1-hour lesson: \$55 per instructor
- 2-hour lesson: \$90 per instructor

***Note:** 1 instructor per 12 students

Special Olympics



A fun, strength-building program for youth and adults with an intellectual disability. Training is focused around endurance and skill development to prepare athletes for competition. Includes dryland and on-snow activities.

The Special Olympics program is operated by [Special Olympics - Kimberley/Cranbrook](#). To learn more and register, please visit their website.

Dates: TBD

Cost: Free with KNC membership (registration required)

Private Lessons



Our CANSI certified instructors are excited to help you reach your Nordic skiing goals. Whether you are looking to get up on skis for the first time, training to compete, or anywhere in between, our qualified instructors are keen to help you every step of the way.

- Improve technique
- Conquer hills
- Reduce risk of injury
- Increase fitness level
- Ski further and faster
- Make skiing easy & fun!

Cost:

- **Private:** \$53
- **Semi-Private (2):** \$39 per person
- **Small Group (3-5):** \$28 per person