

2023 Ski with Ann!

Beginner and Intermediate Lesson Clinic Series

Contact Inland Woods + Trails to sign up
207-800-8240 eric@woodsandtrails.org

Beginner Classic \$20/session or \$80/series Saturdays at 9:30 am

Week	Date	Topic
1	1-7-23	Stride and glide basics
2	1-14-23	Downhill "survival"
3	1-21-23	Uphill management
4	1-28-23	Poling for forward momentum
5	2-4-23	Turning while moving

Beginner Skate \$20/session or \$80/series Saturdays at 11:00 am

Week	Date	Topic
1	1-7-23	Push and Glide
2	1-14-23	Balance
3	1-21-23	V1, just one technique out of a handful
4	1-28-23	V2, another technique out of a handful
5	2-4-23	Skating uphill

Intermediate Classic \$20/session or \$60/series Fridays at 3:00 PM

Week	Date	Topic
1	1-6-23	Efficient stride and glide: Getting forward and over your skis
2	1-13-23	Downhill control and speed: Perfecting the snowplow, 1/2 snowplow and dabbling with parallel turns
3	1-20-23	Uphill with ease (mostly)
4	1-27-23	Poling to add speed and efficiency

**Clinics limited to 12 participants. Must pre-register and sign waiver at the Trails Center.