

2024 Ski with Ann!

Beginner and Intermediate Lesson Clinic Series

Contact Inland Woods + Trails to sign up
207-200-8240 eric@woodsandtrails.org

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

Week	Date	Topic
1	1-20-24	Stride and glide basics
2	1-27-24	Downhill "survival"
3	2-3-24	Uphill management
4	2-10-24	Poling for forward momentum
5	2-17-24	Turning while moving

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

Week	Date	Topic
1	1-20-24	Push and Glide
2	1-27-24	Balance
3	2-3-24	V1, just one technique out of a handful
4	2-10-24	V2, another technique out of a handful
5	2-17-24	Skating uphill

Intermediate Skate \$20/session or \$60/series Fridays at 3:30 PM

Week	Date	Topic
1	1-19-23	Better Weight Shift
2	1-26-23	Long Glide/Balance
3	2-2-24	Refining Uphill Technique
4	2-9-24	Efficient Poling

Intermediate Classic \$20/session or \$60/series Fridays at 3:30 PM

Week	Date	Topic
1	2-16-24	Efficient stride and glide: Getting forward and over your skis
2	2-23-24	Downhill control and speed: Perfecting the snowplow, 1/2 snowplow and dabbling with parallel turns
3	3-1-24	Uphill with ease (mostly)
4	3-8-24	Poling to add speed and efficiency

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