

# 2025 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	1-18-25	Stride and glide basics
2	1-25-25	Downhill "survival"
3	2-1-25	Uphill management
4	2-8-25	Poling for forward momentum
5	2-15-25	Turning while moving

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

Week	Date	Topic
1	1-18-25	Push and Glide
2	1-25-25	Balance
3	2-1-25	V1, just one technique out of a handful
4	2-8-25	V2, another technique out of a handful
5	2-15-25	Skating uphill

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

Week	Date	Topic
1	1-17-25	Better Weight Shift
2	1-24-25	Long Glide/Balance
3	1-31-25	Refining Uphill Technique
4	2-7-25	Efficient Poling

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

Week	Date	Topic
1	2-14-25	Efficient stride and glide: Getting forward and over your skis
2	2-21-25	Downhill control and speed: Perfecting the snowplow, 1/2 snowplow and dabbling with parallel turns
3	2-28-25	Uphill with ease (mostly)
4	3-7-25	Poling to add speed and efficiency

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