

2026 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	1-10-26	Stride and glide basics
2	1-17-26	Downhill "survival"
3	1-24-26	Uphill management
4	1-31-26	Poling for forward momentum
5	2-14-25	Turning while moving

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

Week	Date	Topic
1	1-10-26	Push and Glide
2	1-17-26	Balance
3	1-24-26	V1, just one technique out of a handful
4	1-31-26	V2, another technique out of a handful
5	2-14-26	Skating uphill

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

Week	Date	Topic
1	1-9-26	Efficient stride and glide: Getting forward and over your skis
2	1-16-26	Downhill control and speed: Perfecting the snowplow, 1/2 snowplow and dabbling with parallel turns
3	1-23-26	Uphill with ease (mostly)
4	1-30-26	Poling to add speed and efficiency

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