



TAMARACK GLIDERS
2012
A CROSS COUNTRY SKI PROGRAM FOR
KIDS



- WHO:** Children ages 6-10 years old (1st – 5th graders)
Special Class for Kinder Garden Kids age 5 on Fridays
- WHAT:** Skills, activities and games on snow to teach children to ski and enjoy the winter environment.
- WHEN:** Friday afternoons from 3:00 – 4:30.
Kinder Garden Kids from 2:00 – 3:00
Meeting dates: Jan. 6,13,20,27 Feb.3,10,24 Mar. 2,9
OR Sunday afternoons from 2:00 – 3:30. Meeting dates
Jan. 8,15,22,27 Feb. 6,12,26 Mar 4,11.
- WHERE:** Tamarack Cross Country Ski Center, Mammoth Lakes.
- COST:** \$ 90.00 includes rentals, coaching and trail passes for 9 session

General Information about the Tamarack Gliders Program

The Tamarack Gliders Program will continue its tradition as a way to encourage children to enjoy the sport of cross country skiing. Through games and fun activities, children learn skiing skills and explore trails in the winter wonderland of the Lakes Basin. Treasure hunts, obstacle courses, games of tag and tree skiing are the means by which qualified Tamarack staff of instructors coach the Gliders.

This year we will offer again a special class for Kinder Garden Kids Age 5 on Friday afternoon from 2:00 – 3:00.

The group will be split by age and ability for all sessions. **Parents are encouraged to come out and ski with the kids.**

Cross Country skiing is fun in all kinds of weather, but in case of a severe storm, a session may be cancelled. Please call the ski center at **934 – 2442** if there is a question regarding weather.

The clothing worn for cross country skiing is slightly different than for alpine skiing. Cross country skiing is an aerobic sport and it is possible to become quite warm while exerting on the snow. Multiple layers of clothing are preferable to a single heavy snowsuit. Recommended clothing includes fleece jackets and vests, nylon windbreakers and pants, and “wicking” type long underwear. **Hats, mittens or warm gloves and sunglasses or goggles are a must.** And don’t forget the sunscreen.

Registration packets are available at Tamarack Cross Country Ski Center. Registration packets may be obtained by calling or stopping by the Ski Center. All registration material is due by December 22, 2011.

FOR MORE INFORMATION CALL THE SKI CENTER AT 934-2442

This is not a school program. This flyer was not printed using funds from MUSD or BUSD.