

RIVER VALLEY PROGRAMS Winter Recreation Programs 2011 – 2012

Survival Skills

Did you ever wonder if you could survive in the wild? Explore the fundamentals of outdoor camping and survival skills. Learn to build a one match fire with instruction on axe safety and knife use, and challenge yourself with flint and steel. Practise shelter building then enjoy roasting bannock over a fire.

Whitemud Park, Equipment included

Price: \$15

Time: 10:30 am to 12:30 pm

Dates: February 25 (code 437184)

To Register

Call 311

Online <http://ereg.edmonton.ca>

In person any City of Edmonton
Leisure Centre

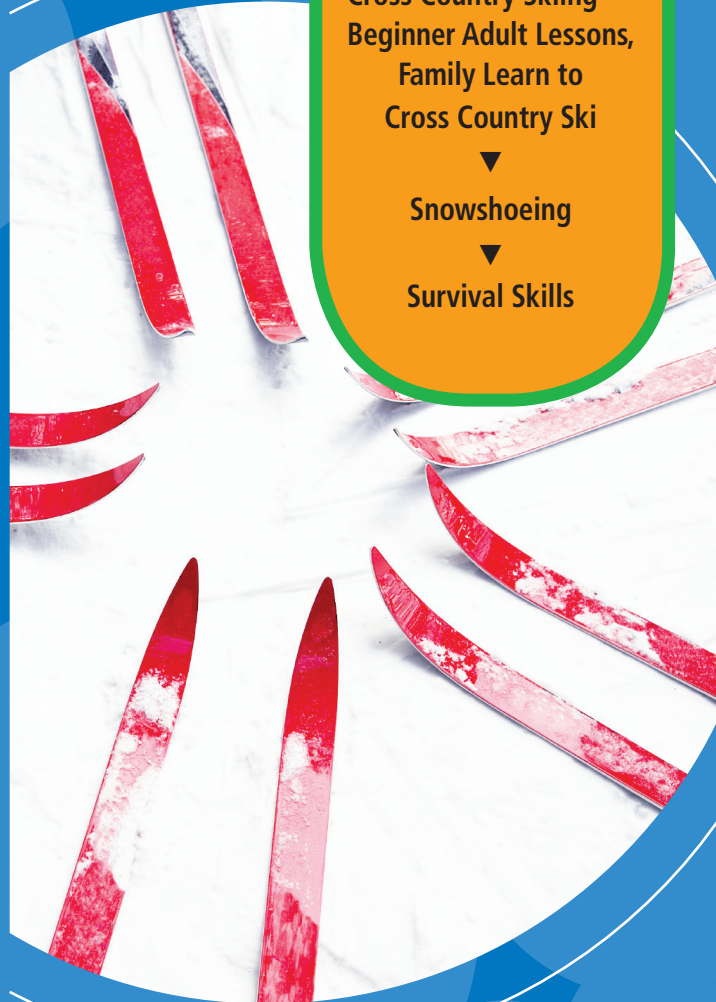
Cross Country Skiing —
Beginner Adult Lessons,
Family Learn to
Cross Country Ski



Snowshoeing



Survival Skills



Cross Country Skiing – Beginner Adult Lessons

A great way to explore the River valley, get fit and have winter fun!

All lessons are at Kinsmen Park and include Equipment

Classical Lessons

Learn the basic techniques of classical skiing including diagonal striding, stopping, turning, falling safely as well as hill techniques. Get the scoop on clothing and equipment selection, waxing, and trail etiquette.

Classical Saturdays (3 hrs)

Price: \$31

Time: 9:30 am – 12:30 pm

Dates: December 17	(code 437077)
January 7	(code 437078)
January 21	(code 437079)
January 28	(code 437080)
February 4	(code 437081)
March 3	(code 437082)

Time: 1:00 – 4:00 pm

Dates: December 17	(code 437177)
January 7	(code 437178)
January 28	(code 437179)
March 3	(code 437180)

Classical Weekdays (4 hrs)

Time: 6:30 pm – 8:30 pm

Price: \$37

Dates: January 31 and February 2 (code 437181)



Family Learn to Cross Country Ski

Recommended: 8yrs or older

Get outside with your family as you learn the basics of classic cross country skiing. Get the scoop on clothing and equipment selection, waxing, and trail etiquette, all while learning new and fun winter games.

Price: \$31

Time: 1:00 – 4:00 pm

Dates: January 21	(code 437182)
February 4	(code 437183)

Snowshoeing

Recommended: 8yrs or older

Discover Edmonton's River Valley in the wintertime. Learn about the history of winter travel then explore the natural beauty of Kinsmen Park with modern equipment. Enjoy a guided snowshoe walk followed by hot chocolate and bannock making over the fire.

Whitemud Park, Equipment included

Price: \$15/participant

Dates: Sweetheart Snowshoe	(code 437187)
February 14	(code 437187)
6:30 to 8:30 pm	

Family Snowshoe

February 25	(code 437188)
1:00 to 4:00 pm	

We offer similar programs for groups, schools and organizations. Please call 780-496-2983 for information.