



Bemidji Area Cross Country Ski Club (BACCSC) Sunday Ski School Registration

Welcome to winter fun! We are excited to be offering classes for those interested in learning or advancing their technique in classical cross country skiing and/or skate skiing.

- ✓ **Pre-registration is recommended as space is limited.**
- ✓ We offer three Sundays of instruction (**January 5, 12, and 19**)
- ✓ **Classes for ages 3 and up**, including adult classes.
- ✓ **Cost is \$25 per-person.** Students will get the most out of the classes if they can attend all three sessions.
- ✓ **Classes are held from 1:30 – 3:30 pm at Bemidji Middle School**, located at 1910 Middle School Ave NW. We suggest arriving early enough so that you are ready to participate at 1:30, doors will open at 1 pm.
- ✓ If you will be using **BACCSC equipment**, please arrive a minimum of 15 minutes early.
- ✓ There will be a 4th Sunday (January 26) with a children's ski event, the **Barnelopet**, sponsored by the local Sons of Norway Chapter.

PREPARING FOR CLASS: Participants will be most comfortable dressing in layers (long underwear, fleece, vests, and something to block wind), avoid cotton next to the skin. Wool socks will keep your feet warm, and a cap is a must. We do not cancel classes for weather – classes will be moved inside if wind chill is extreme. Don't have equipment? Classical ski equipment (boots, skis and poles) is available at no extra cost, and will be assigned with registration, until gone. Please fill out the registration form completely, including shoe size and height, if equipment is needed.

CLASS DESCRIPTIONS: The goal of the BACCSC and Sunday Ski School is to promote cross country skiing as a life-long winter activity for families to learn and enjoy together. All skiers will be placed in groups appropriate for their skill level. This means that we may shift students around if they are more advanced or if they are struggling to keep up with their group. Class sizes are limited to provide a fun and encouraging experience.

Paul Bunyan First Steppers: Ages 3 and 4

Blue Ox First Steppers: Ages 5 and 6, beginners

Bemidji Climbers: Ages 7 and up, beginner to intermediate

Montebello Gliders: Ages 10 and up, beginner to intermediate

Northland Skaters: Beginner to intermediate (must have own skating skis)

Adult Classic: New and beginning adult skiers

Adult Skate: Learn the basics of skate skiing (must have own equipment)

Find us on Facebook @ Bemidji Area Cross Country Ski Club or on the Web at bemidjicrosscountryski.org

**A state ski pass is not required for class, however purchase of a pass supports local trail grooming!*

Parent/Guardian Name(s) (first and last please)

Phone (req) _____ **Email** (optional) _____
(if you'd like to receive an email confirmation)

Ski School Registration (List everyone taking a class)				If Yes ...	
<u>First name</u>	<u>Last name</u>	<u>Class</u>	<u>Age</u>	<u>Need Equipment?</u>	<u>Shoe size / Height</u>
_____	_____	_____	_____	No / Yes	_____
_____	_____	_____	_____	No / Yes	_____
_____	_____	_____	_____	No / Yes	_____
_____	_____	_____	_____	No / Yes	_____
_____	_____	_____	_____	No / Yes	_____
_____	_____	_____	_____	No / Yes	_____

Ski School participants _____ X \$25 = _____
(there is no additional cost for equipment)

Optional Donation/Supporting member _____

Total Enclosed (check/cash) _____

- In consideration of the acceptance of my registration, I, the undersigned, intending to be legally bound for myself, my heirs, my children, executors and administrators, do hereby release any and all sponsors of this program and their representatives, successors, and assigns, from any and all liability arising from illness and injuries I may suffer as a result of my participation in this program.
- I also understand and agree that any sponsor may use for publicity my name and the **photography of my participation** in this program without obligation or liability to me.
- I have read the foregoing and certify my agreement by my signature below. Parents / Guardians must sign, and are responsible for the safety and well-being of their children.

Signature: _____ **Date** _____

Once completed, mail this form with payment to **BACCSC**, P.O. Box 3165, Bemidji, MN 56619-3165 **or** Drop off at the **Home Place** at 524 Paul Bunyan Drive SE, Bemidji

- BACCSC promotes cross country skiing in the Bemidji Area by:**
- Developing, maintaining, and grooming area trails in cooperation with local governments;
 - Offering cross-country ski lessons and programs for community members;
 - Sponsoring and/or co-sponsoring ski-related events and activities;
 - Providing financial support for local competitors; and
 - Fostering leadership, camaraderie, and goodwill among sports enthusiasts.