



## Ready, Willing, and Able: Paranordic Try It at KNSC

Kawartha Nordic Ski Club would like to invite you to attend Paranordic Try It Day.

Kawartha Nordic Ski Club is a ParaSport Ontario club – one of only two in Southern Ontario District. In an effort to promote paranordic in the area we are hosting a Try It Day. The event is geared towards:

1. para-athletes who would like to learn about and try paranordic skiing.
2. Anyone who would like to obtain information about the sport so that they may pass it on to their students, organizations they work for, or friends they may know.

**Date:** February 6, 2011

**Time:** 12 pm to 2 pm

**Location:** Nordic Ski Lane, Hwy 28 North

<http://www.kawarthanordic.ca/directions.php>

**Contact:** [casey@wildrock.net](mailto:casey@wildrock.net) to RSVP or for more information

### Tentative Schedule

- Intro to Sit Skiing
- Sit ski fitting then out for a ski  
Everyone is welcome to try this challenging sport, disability or no disability. It is a great opportunity to learn about the sport.
- Intro to visually impaired paranordic and what it means to be a Guide for a visually impaired athlete.
- Intro to ambulatory paranordic.
- Group ski (depending on time and interest)

### Additional Information

- For updates on this event or to learn more about the club please visit <http://www.kawarthanordic.ca/event.php?id=57>
- Please bring a lunch/snack for after your ski
- Hot chocolate is available at the cabin, all donations will go towards developing KNSC's paranordic program
- RSVP before Friday, February 4 2011 so we are able to have the proper equipment available
- \$15 day use fee will be waived for participants in this event. If you wish to donate your day fee to developing KNSC's paranordic program please visit the KNSC Wildrock Trailer