

**WHISTLER NORDICS - MASTERS' PROGRAMS 2009-2010**  
 (Sponsored by HAYWOOD SECURITIES)

Mail to 7288 Fitzsimmons Rd South, Whistler, BC, V0N 1B7. or Email [registration@whistlernordics.com](mailto:registration@whistlernordics.com)

**All Participants must be WNSC members. All participants require a season pass/day ticket.**

<b>Masters' Advanced</b>	Duration: 10 sessions	Maximum 8 people	
* Time: Tuesday's 6:30pm-8:00pm	Class Dates: Tuesdays, November 24, 2009 - January 26, 2010		\$ 130.00
* Location: Lost Lake Trails (if no snow we will start dry-land)			
* Interval or technique focus for advanced skiers. The program includes a personalized training program designed especially to take you to the finish of the Whistler Loppet. Skate skiing program.			
<b>Masters' Intermediate</b>	Duration: 4 sessions	Maximum 6 people	
* Time: Wednesday's 6:30pm-8:00pm	Class Dates: Wednesdays, January 6 - 27, 2010		\$ 80.00
* Location: Lost Lake Trails			
* This is for someone who knows how to ski and would like to improve on their skills and endurance. Skate skiing			
<b>Wednesday Masters' TuneUp</b>	Duration: 4 sessions	Maximum 6 people	
* Time: Wednesday's 9:00am-10:30am	Class Dates: Wednesdays, January 6 - 27, 2010		\$ 80.00
* Location: Lost Lake Trails			
* This is for someone who knows how to ski and would like to improve on their skills and endurance. Both Classic and Skate skiing (the clinic includes a basic waxing course).			
<b>Thursday Masters' TuneUp Part I</b>	Duration: 4 sessions	Maximum 6 people	
* Time: Thursday's 10:00am-12:00am	Class Dates: Thursdays, November 26 - December 17, 2009		\$ 90.00
* Location: Callaghan Country base in the Callaghan Valley			
* This is for someone who knows how to ski and would like to improve on their skills and endurance. Both Classic and Skate skiing. The clinic includes video analysis and a basic waxing course .			
<b>Thursday Masters' TuneUp Part II</b>	Duration: 4 sessions	Maximum 6 people	
* Time: Thursday's 10:00am-12:00am	Class Dates: Thursdays, January 7 - 28, 2010		\$ 90.00
* Location: Callaghan Country base in the Callaghan Valley			
* This is for someone who knows how to ski and would like to improve on their skills and endurance. Both Classic and Skate skiing. The clinic includes video analysis and a basic waxing course .			

Name: \_\_\_\_\_

Program: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Postal: \_\_\_\_\_ Email: \_\_\_\_\_

Medical Condition? \_\_\_\_\_

WNSC Membership? Yes / No \_\_\_\_\_ Season Trail Pass Holder: Yes / No \_\_\_\_\_

Cash or Cheque #: \_\_\_\_\_ Total Owing \$ \_\_\_\_\_

**CLUB WAIVER:** I hereby agree to abide by all the Rules & Regulations of Cross Country Canada (CCC), Cross Country BC (CCBC) and to participate in the events, activities and programs sanctioned by the CCC & CCBC in accordance with the Association Rules, Regulations and Bylaws. In consideration of CCC, CCBC and Whistler Nordics Ski Club, acceptance of me as a registered member of the Assoc., and my being permitted to take part in the Association events, activities and programs I hereby for myself, my heirs, executors, administrators and assigns, forever release discharge, hold harmless CCC & CCBC and Whistler Nordics Ski Club, it's directors, officers, employees, representatives or agents.

**Signature of participant**

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Whistler Nordics appreciates the support of Haywood Securities, the Resort Municipality of Whistler, the Province of British Columbia and the Whistler Blackcomb Foundation

