



Nickel Plate Cross Country Ski Club
650 Duncan Ave. West, Box 777
Penticton, B.C.,
V2A 7N1

Membership Rates

Cross-Country Skiing

Adult (single, aged 19-74)		Youth (single, aged 6-19)		
By Nov. 1	After Nov. 1	By Nov. 1	After Nov. 1	
\$140.00	\$155.00	\$45.00	\$50.00	
Family (2 adults and children under 19)		Seniors (single, over 75)		
By Nov. 1	After Nov. 1	By donation		
\$270.00	\$300.00			
Child (under 6)				
Free				

Snowshoeing

Adult (single, aged 19-74)
\$50

Children's Lessons

Deadline for registration is November 15, 2009

Lesson Dates: January 2, 9, 16, 23, 30, February 6, 13, 20, 2010

Cottontails

Too little for lessons but want to join in the fun? New this year, we will have a Cottontail Trail activity loop for parents to use with their 3 and 4 year olds. Hot chocolate provided in the cabin. No charge for this volunteer parent-led program

Bunny Rabbit – Active Start

Saturday mornings from 10 am to 11 am

Cross country ski fun for children aged 4 and 5. The emphasis is on having fun while developing fundamental skiing skills through activity and play.

Fees: By Nov. 1 -- \$35.00 after Nov. 1 -- \$40.00

Jackrabbit – FUNDamentals

Saturday mornings from 10 am to 12pm

Jackrabbits is a 4 level program directed at skiers aged 6 to 9 years. The program teaches basic cross-country classic and skate skiing skills. The emphasis is on having fun, helping develop confidence, improving the skiers' balance and agility, and providing children with an opportunity to ski and socialize with their ski friends.

Fees: By Nov. 1 -- \$47.00 after Nov. 1 -- \$52.00

Track Attack

Saturday mornings from 10 am to 12pm

Track Attack is aimed at skiers 9 to 12 years old. Games, activities and drills will be utilized to develop fitness at this stage. There will be a focus on balance, agility and rhythm. The objective is for participants to become technically competent skiers and to utilize those skills in a wide range of ski activities from "adventure-based" cross country ski activities to tournaments, club and optional regional races.

Fees: By Nov. 1 -- \$47.00 after Nov. 1 -- \$52.00

2009-2010 Nickel Plate Membership/Lesson Application

Last Name, First Name

Date of Birth (MM/DD/YY)

Name : _____	M	◇	F	◇	
Partner : _____	M	◇	F	◇	
Children : _____	M	◇	F	◇	
_____	M	◇	F	◇	
_____	M	◇	F	◇	

Mailing Address: _____ Postal Code: _____
 Phone: _____ Email: _____

Step 1. Choose the appropriate membership category(ies):

Cross-country	Snowshoe	
◇ Adult single	◇ Adult single	
◇ Youth		
◇ Family		
◇ Free		----- \$ _____

Step 2. Add Cross Country British Columbia insurance per person (\$10)
 Number of membership applicants (including any 6 and under) _____ X \$10.00 ----- \$ _____

Step 3. Add contributions to help fund the maintenance of the club and its facilities ----- \$ _____
 Any contributions over \$20 will receive a tax receipt

Step 4. Choose which, if any, children’s lessons will be taken and indicate which, if any, level was previously taken.

	Bunnyrabbit	Jackrabbit	Track Attack	Previous Level	Cost
Name: _____	◇	◇	◇	_____	_____
Name: _____	◇	◇	◇	_____	_____
Name: _____	◇	◇	◇	_____	_____
Total:					_____ \$ _____

Total Membership Fees, Lessons, and Contributions \$ _____

*Please make cheque payable to Nickel Plate Cross Country Ski Club

CLUB MEMBER WAIVER/WAIVER MUST BE SIGNED BY EACH ADULT

I, HEREBY AGREE to abide by the rules and regulations of Cross Country Canada (hereafter called CCC), Cross Country BC (hereinafter called CCBC) and to participate in the events, activities, and programs sanctioned by CCC and CCBC in accordance with the Association’s Rules, Regulations and By-Laws. IN CONSIDERATION OF CCC, CCBC AND NICKEL PLATE CROSS COUNTRY SKI CLUB acceptance of me as a registered member of the Association and my being permitted to take part in the Association’s events, activities and programs. I hereby, for myself, my heirs, executors, and administrators, and assigns forever release, discharge, hold harmless CCC and CCBC and NICKEL PLATE CROSS COUNTRY SKI CLUB, its directors, officers, employees, representatives or agents.

Signature: _____ Signature: _____

Date: _____ Date: _____

***All participants under the age of 19 must have parent/guardian sign the above**

Volunteers Needed
 Check off the activity(ies) you are interested in doing. A volunteer coordinator will call you to discuss.

◇ Ski Swap	◇ Annual Loppet (February 14, 2010)
◇ Welcome Day	◇ Wind up Celebration
◇ Directors	◇ Social Events
◇ Children’s Program	◇ Grade 5 Program