



Strafford Nordic Center

Our goal is to promote a healthy, active, outdoor sport that anyone can do. Cross country skiing is an activity – even a lifestyle - that can continue for the rest of your life.

The Strafford Nordic After-school Program is on Tuesdays in 2021-22. This program is geared towards kids in grades K-6, though is open to kids through 8th grade. 7-8th graders may also be eligible for our racing program, which is typically a high school program.

Here's how the SNAP program works: The primary goal of SNAP is to get kids to enjoy cross country skiing. On ski days, student skiers will be split up into groups by age and ability, and each group will be headed by a volunteer adult who will take the group out on the trails for each practice. Volunteer helpers will be leading their groups, and will be provided a daily tip to work on for each practice, though the primary goal of the day is FUN ON SKIS! If you are interested in helping to lead and/or ski with the kids, please indicate this on your registration form, or contact the Program Director. Experience is NOT necessary, either for volunteers or for participants.

The program will run for 8 weeks, January 4th until February 22nd, 2022 from 3:30-4:30pm (a bit later as it stays light).

- Newton school students may take the bus to the Nordic Center with a note - however skis are not allowed on the bus.
- The SNAP fee is \$80 for the session. Registration forms are due by January 1st. Late registrations should add \$10 and will only be accepted if there is room in the program.
- Rentals are available for free for Strafford residents for youth sizes only, or for \$45 adult sized during the program times, but must be reserved prior to the start of the program by visiting our lodge and reserving the correct size. Sizing is limited so please be sure to reserve your equipment before the first day of the program.

If you have any questions about these programs or for more details about our programs and events, please visit our website www.straffordnordicskiing.com, or contact our Program Director Hilary@straffordnordicskiing.com.



I want to be an instructor name _____

Strafford Nordic Center

Participant #1 Information

Full Name: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

_____ City State ZIP Code

Home Phone: () _____ Alternate Phone: () _____

Participant #1 Grade: _____ DOB: _____ School: _____

Other participants Information

#2 Name _____ Grade: _____ DOB: _____ School: _____

#3 Name _____ Grade: _____ DOB: _____ School: _____

Emergency Contact Information

Full Name: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

_____ City State ZIP Code

Primary Phone: () _____ Alternate Phone: () _____

Relationship: _____ E-mail: _____

Payment Information

SNAP Program – One day	\$ 80	# skiers _____	Subtotal _____
SNAP equipment rental	\$ 45	# skiers _____	Subtotal _____
			Total _____

Liability Waiver

Waiver and Release Agreement: Please read carefully before signing. This is a release of liability and waiver of certain legal rights.

In consideration for my being permitted to participate in the activities of Strafford Nordic Center, I agree to the following Waiver and Release:

I acknowledge that cross country skiing, and snowshoeing have inherent risks, hazards, and dangers for anyone that cannot be eliminated, particularly in a wilderness environment. I UNDERSTAND THAT THESE RISKS, HAZARDS, AND DANGERS INCLUDE WITHOUT LIMITATION:

1. Walking and skiing in rugged country, including encounters with wildlife, animals and insects;
2. Inclement weather conditions;
3. Skiing and snowshoeing accidents, collisions with other skiers.

I understand the risks, hazards and dangers of these activities and have had the opportunity to discuss them with Strafford Nordic Center. I understand that these activities may require good physical conditioning and a degree of skill and knowledge necessary for me to engage in these activities safely.

Signed: _____ Date: _____
 Parent signatures for participants under 18