

the

Girls

Cross Country

Skiing Programme



Courses 2011:

One-Day

Instruction and Ski Tours

Five-day

Residential option course

Weekend

Residential option course.



Nordic Ski courses for girls All ages and abilities

Leave the rest of the world, your blokes and kids behind and indulge yourself in the Snow Farm women's courses.

This Nordic Ski adventure is a positive experience in a vibrant atmosphere. This is an opportunity you won't find elsewhere in New Zealand.

We offer a variety of courses for you to choose from, organised by girls, instructed by girls and guided by girls. Truly girls only.

Two programmes

Fitness and Fun for life: Based on recreation touring and fun.

Fitter and Faster girls: For girls who want to learn good technique and enter events. Events challenge you just like the (women's duathlons)

The Dates:

Week Courses

Camp 1

July 11th 15th 2011,

Camp 6

September 5th 9th 2011

Weekend

Camp 2

July 9th 10th 11th,

Camp 3

August 5th 6th 7th,

Camp 4

August 26th 27th 28th

Camp 5

September 9th 10th 11th

Weekdays

Wednesday

or you can tell us which day suits you and your friends

Starting

July 6th 2011





Maude Girls Week

Bookings limited to accommodation availability

Book on Line at www.snowfarmnz.com

Full payment secures your place on the course.

Dates & Price

Dates:

Camp 1: July 11th 15th 2011,

Camp 2: September 5th 9th 2011

Prices: 5 Days & \$ Nights

Apartments twin share \$1,050 Total Course cost

Snow Park Apartment single \$1,500 Total Course cost

Bunks \$900 Total Course costs

Non-Residential \$499 Includes lunch

Own Equipment Reduce cost \$120

Seasons Pass Reduce costs \$150

Do I have to be fit?

It really helps to prepare for your week but if you are too busy for preparation come along and get fit as you go.

There will be the opportunity to learn biathlon (skiing and shooting), ski skating, backcountry skiing, snow shoeing and classic skiing.



Maude Girls Ski Week

The fees cover: Accommodation / Food, Trail Passes, Ski Hire, Instruction

Monday Check in at Snow Park

10 am Meet for coffee at the Snow Park Woolshed. Check in. Snow Farm Gear allocation.

11:30 Assessments & First clinic - Meet the instructors.

1 pm Lunch at the Snow Farm lodge

2:30 Clinic to suit 4:30 Back to Snow Park

5:30 Drinks and Nibbles

6:30 – 7pm Dinner (Food inclusive drinks 'Maude Wine" Wanaka's Local)

Interesting evening discussion topics to be advised.

Tuesday

10 am Meet for coffee at the Snow Farm and proceed to the Ski Clinic

1 pm Lunch at the Snow Farm lodge & free ski.

2:30 Clinic

Evening format similar each evening Tuesday Evening Skiing option at Snow Park

Wednesday Breakfast

10 am Meet for coffee at the Snow Farm Clinic

1 pm Lunch at the Snow Farm lodge & Free Ski time

2:30 Clinic 4:30 Back to Snow Park

Thursday

10 am Meet for coffee at the Snow Farm Clinic

1 pm Lunch at the Snow Farm lodge Free Ski time

2:30 Clinic

Friday

10 am Meet for coffee at the Snow Farm Clinic

1 pm Lunch at the Snow Farm lodge Free Ski time

2:30 Finish assessment and individual and group plan for future development.

4:30 Camp farewell.





One-Day Instruction and Ski Tours for the Fitness & Fun for Life Group

Here's the chance to escape the mid-week take a day out and refresh your mind with a sociable day out with the girls thrown in is some quality instruction and good company.

Fitness and Fun for life.

- Day 1 Basic or advanced instruction
- Day 2 ski tour around the base trails
- Day 3 Tour to Meadow Hut
- Day 4 Tour to Hanging Valley
- Day 5 Back Country tour.

Fitter and Faster Girls

This is a great way to get fit and subsequently ski faster.

- Day 1 Ski coaching and fitness assessment. Goal setting.
- Day 2 Coaching and skills
- Day 3 Assessment
- Day 4 More coaching & assessment
- Day 5 Event prep and future planning

Course Fitness You can be as fit as you are right now or we can give you a get fitter pre season training program

Course Cost – Mid week Wednesday 10am (other days by arrangement)

\$60 Day pass rental and course costs included.

\$300 if paid by Internet banking prior to the 10th May

\$15 with own skis & Seasons Pass

\$40 with Seasons Pass

Weekend Nordic Ski Camp

The opportunity to try skate skiing or start from the basics if you are new to the sport. Your skiing skills will progress quickly with personalised instruction, quality coaching and video analysis. It includes two-day passes and two-day rentals.

Residential of Non-Residential

Dates:

Camp 2: July 9th- 10th 11th,

Camp 3: August 5th 6th 7th,

Camp 4: August 26th 27th 28th

Camp 5: September 9th 10th 11th

2.5 days & 2 Nights

Apartments twin share	\$490
Snow Park Bunks	\$425
Apartment single room	\$690

Clothing

Warm Clothes Light thermal layers and windproof overs.

Relaxed evening wear.

Snow Boots if you have them Gloves- light and warm

Downhill for Park if you want.

Swimsuit for the Spa.



Bookings

Book on line to secure your booking or call Snow Farm to make a booking and payment. Bookings paid in full secure a place in our courses.

Ph.: 03 443 7542 03 4439729 cell 021766910

Email: snowfarmnz@gmail.com



Other Activities



We are not limited with activities

Activities can be incorporated in your course. Please let us know if you would like to participate in:

Snow Shoeing

Snow Boarding

Telemark Skiing

Downhill skiing

Biathlon (skiing and shooting) Winter tri

Tours

There are many trails at Snow Farm. The girls will you entertain you with stories from the past and show you the exquisite tranquil valleys of the Pisa range.



Activities for everyone



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Email: snowfarmnz@gmail.com



Application Form

Your details:

Name:

Email:

_____ Please write clearly

Ph.:

_____ Mobile: _____

Address:

Skiing Experience

Please circle

None Beginner Intermediate Expert

Camp

Camp 1 Camp 2 Camp 3 Camp 4 Camp 5 Camp 6

Interest

Recreational Socially Events Seriously

Group

Fitness and fun for life Fitter and faster girls

Week day
Programme

Monday Tuesday Wednesday Thursday Friday
(Wednesday is our preferred day)

Dietary
requirements

No special requirements, Celiac, Gluten Intolerant.
Diabetic Diet control. Diabetic Insulin, Vegetarian, Vegan,
Dairy intolerant, Soy intolerant, Nut allergies

Additional
Information

Topics for evening discussions that interested you.
Other snow activities

Payment

Email Snow Farm for our bank account details snowfarmnz@gmail.com for internet banking

Or Post Cheques to: Snow Farm, Cardrona RD2, Wanaka 9382

