



Ski for the Health of It - 2019

INFORMATION SHEET (Please keep for your reference)

Welcome to Ski For the Health of It, 2019! Through combining the ski slopes with the classroom, this program focuses on health, physical activity, the environment, and fun. Not only do outdoor activities improve physical fitness, these activities promote social interaction, improve confidence, balance, a better appreciation of winter activities, and skills that your children will enjoy the rest of their lives. It is time to be proactive in helping children develop lifelong habits and skills to maintain a healthy lifestyle.

Please find program information below:

- Eight weeks of skiing/riding
- Open to students 4th thru 12th grades
- Program begins on **Friday, January 11th, 2019 and ends on Friday, March 15th, 2019.**
- There is **NO FRIDAY PROGRAM ON FRIDAY, JANUARY 25 or FEBRUARY 22!**
- Buses meet at The Sports Complex (North of High School) in Baker at 7:45am, for an 8am (sharp) departure.
- Buses leave the mountain at 3pm, returning to The Sports Complex around 4pm.
- Anthony Lakes only sends email updates for the program, so please make sure that ALMR has your email address! To verify, please email jaime@anthonylakes.com
- No make-up days, including illness, inclement weather, lift holds, etc.
- Cancellation or withdrawal from the program is allowed without penalty until December 1st only.
- ATTENDANCE: At least 50% attendance is encouraged. Please understand that if your child is registered, but not attending the program, they are taking a spot from someone who is eager to participate 100%.

Things to Bring:

Our Lost & Found gets full! Please put your child's name on items, so they are returned to you!

- Water proof pants and coat
- Stocking Cap
- Eye Protection (Goggles or Sunglasses)
- Helmet
- Water Proof Gloves (heavy weight)
- Wool or Poly Blend Socks
- Face Cover (Neck Gator, Scarf, Face Mask)
- Sunscreen
- Dry Socks
- Dry Pants for the ride home if wanted
- Lunch or Lunch Money

REGULAR Program Includes:

- Lift Ticket/Trail Pass
- Lesson
- Rental
- Transportation
- Chaperones

RIDE/LIFT ONLY Program Includes:

- Lift Ticket/Trail Pass
- Transportation
- Chaperones

*Helmets are available to rent (\$5/day) on a daily basis, depending on availability.