



Dear Parents,

We are excited to offer a new program at A.E. Cross this winter.

We are offering 2 days of ski or snowboard lessons at WinSport. Up to 60 students will have the opportunity to learn a brand-new activity or advance their skills within a sport they do outside of school.

WinSport's School Programs are directly aligned with Alberta Education's Programs of Studies and Safety Guidelines for Physical Activity in Alberta Schools. Our passionate team help children develop a lifelong passion for sport and play through our programming and world class facilities.

Ski and Snowboard Lessons

Our Ski and Snowboard Program provides expert-led instruction in small group sizes from arrival to departure. Our program is nearly a full day experience when considering bus arrival, equipment fitting, lunch, and departure.

Program Changes

We have adjusted our lesson times to align with industry best practices of two-hour lessons. This change was made to reduce athlete injury rates, which tend to increase during lessons longer than two hours (particularly for new skiers). We found this was a successful change with a significant reduction in participant injuries this past season.

Students will take a bus from AEC to WinSport at 10:30am on January 10th and January 17th and return to AEC by 3:30pm.

The program costs approximately \$100 (this number could vary depending on total participants)

- Instruction during the lesson
- Hill ticket during the lesson
- Equipment rentals during the lesson
- Bussing to and from WinSport on both days

Students were invited to a meeting today (Monday Sept 18th) to learn about this opportunity and speak with their parents about the cost. Forms for this trip will be sent home within the week and should be returned as soon as possible to secure a spot on the field trip.

If you have any questions, please contact me by email, jrichards@cbe.ab.ca.

Regards,

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