



Laurentian Para-Nordic (Cross Country) Ski Program

Para-Nordic skiing is the sport of cross-country skiing for participants and athletes with a disability. It is a sport which is accessible by all ages and abilities either individually or in a group setting.

The Laurentian Nordic Ski Club offers a Para-Nordic (Cross Country) Ski program that includes recreational and competitive para-nordic skiing.

A coach and team of volunteers, who understand that everyone is an individual with different needs and abilities, work closely with each participant.

Some specialized equipment or guides may be needed for Para-Nordic skiers and can be accommodated. Standing skiers who have a visual impairment may require a guide and participants who have reduced lower limb mobility may require the use of a sled called a sit-ski as well as shorter poles to accommodate skiing from a sitting position.

Recreational Para-Nordic Ski Program

The recreational program welcomes skiers of all disabilities and skill levels and provides an opportunity to learn to ski while enjoying the outdoors and having fun.

This program introduces you to being active, developing athletic movements, and building an aerobic base and strength and its primary purpose is for participants to have fun and enjoy skiing.

The program runs from September to June on Thursday evenings from 6:00 to 7:30 p.m. (if interest will add another day when snow arrives)

We invite you and your family to come out to try it. It is a great way to meet new friends, have fun, and stay active.

Competitive Para-Nordic Ski Program

Para-Nordic athletes participate in regular training which includes intensity, strength and endurance workouts. Athletes have the opportunity to compete locally, regionally, provincially and nationally such as the Canada Winter Games. Training is two to three times a week normally on Thursday evenings from 6 to 8 p.m. and other times are determined by the group.

FOR ADDITIONAL INFORMATION OR TO REGISTER, PLEASE CONTACT:

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Testimonial:

"I have been competing for six years. The competitive program has helped me become more independent. Since I started competing I have become more independent. Five years ago I started travelling and flying on my own. Over time, I made new friends all over the country.

The competitive program teaches us time management, independence and organizational skills. For some athletes, their grades at school improve because they apply the same structure/work ethics as competition to their home work."

Christine Henry, visually impaired cross country skier



Skiing with family



Nationals Thunder Bay, 2015

Fun in the great outdoors
Du plaisir en plein air!