

January Women's Skate Skiing Clinic



Date: Saturday January 14,

Time: 10am-11:30pm

If you'd like to improve your skate skiing, join us at Teton Pines on Saturday. We'll practice basic balance and progress to more advanced techniques. All abilities are welcome. \$50(includes trail pass for the day).

If you'd like to improve your skate technique and fitness, come join us for the Skate skiing clinic at Teton Pines. We'll improve our glide on skate skis and learn to be more efficient uphill, downhill, and review the different skating strides. We will cover more than the basics to get you skating longer distances with ease and going up and down hills with proficiency and confidence.



Instructor: Kim Springer Kim grew up warming her fingers in the Octagon on Mt. Mansfield in Stowe, Vermont. After college she discovered the warm world of Nordic skiing and has been passionate about all aspects of the sport ever since. She loves sharing that passion with others and has taught in and around Jackson Hole for many years.

Questions or to register: Call Teton Pines Nordic Center at: (307) 732-4130