

Training Sessions for Race League Series, NASTAR Racers and Skiers that would like to learn to race and train on courses.

Instruction Begins with Sound Ski and Race Technique. Practice will be on Labrador's NASTAR Trail and appropriate terrain.

Practice Courses set with "Helper and Brush" Gates to identify the "Rise Line" and "Best Path Through Course"

• Courses will be NASTAR Format

• Training runs will be timed as the season progresses when appropriate

• A 6 Week Program for Solid Parallel Skiers Looking to Improve Their Skills

Wednesday pass with the program: \$349 | Shift pass with program: \$529 | Program for Season Pass Holder: \$199

Details: Call Rick McCurdy: 315.263.2927 | Call (607) 842-6204 to sign up. Class size may be limited.

NAME:			Date of Birth:				
ADDRESS:			PHONE:				
CITY:			STATE:		ZIP:		
PAYMENT:	CASH:	CHECK #:	CHG (Select one):	Visa	MC	DISC	AMEX
CREDIT CARD #:							
	EXPIRES:	/ SEC	CURITY CODE:				
	EMAIL:						
		(\$45.00 FEE FOR ANY RETURNED CHECKS)					
Signature:						SKI	CNY.com
Date:	Pleas	se mail payment and form to	: Song Mountain, PO Box 1001, T	ully, NY 131	159		

Class size is limited

to ensure a quality

Labrador Mountain

takes great pride in

program proven

through the years to

be fun and helpful.

member of

LABRADOR MOUNTAIN

6935 NY-91 Tully, NY 13158

607-842-6204

**LESSONS: Jan.** 

10th - Feb. 14th

Meet @ 5:30 in

the Main Lodge,

Lesson at 6:00pm