

Daily Schedule

Day	Activity	
Dec. 13th	Skiing/Riding & Setting goals and expectations.	
Dec. 20th	Climbing*	Skiing/Riding
Dec. 27th	NO SESSION	
Jan. 3rd	Skiing/Riding	
Jan. 10th	Skiing/Riding	
Jan. 17th	NO SESSION	
Jan. 24th	Snowshoeing*	Skiing/Riding
Jan. 31st	Skiing/Riding	
Feb. 7th	Skiing/Riding	
Feb. 14th	NO SESSION	
Feb. 21st	Gear Swap Day	
Feb. 28th	Skiing/Riding	
March 7th	Happy Int. Womens' Day!	
March 14th	Costume Day and Pizza Party!	
March 21st	Make-Up Session	

Information

Daily Schedule

8:30 am	Drop-off (on-snow)
8:30-9 am	Stretch Session
9 am-12 pm	Morning Session
12-1 pm	Lunch
1-3 pm	Afternoon Session
3-3:30 pm	Expression Session
3:30 pm	Pick-Up

Checklist:

- ☐ Pocket Snack
- ☐ Water Bottle
- ☐ Ski/Ride Gear
- ☐ Hand/Foot Warmers
- ☐ Positive Attitude
- ☐ Goals

Meeting Place: Stateside Base, On Snow

The meeting spot will be the same for drop off and pick up for morning, afternoon, and lunchtime.

*More, lighter layers are great for this- we will be moving and grooving!

*All activities are subject to change with advance notice.

