

Camrose Ski Club Junior Vikings Bunny Program

About our Program.

The Bunny Program is the first level of Cross Country Canada's Active Start stage of development for children **3-5 years of age**. The objective of the program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play.

The link below describes the Bunny Rabbit Program objectives as outlined by Canada Cross Country. Our Bunny Program is similar.

<http://cccski.com/getmedia/9c241fc6-ae2-41fa-a5b0-68e1abdbfb89/pages-BR-EN.pdf.aspx>

Additional goals of this program:

- Help children develop a positive self-image.
- Have fun.
- Provide children with the opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.

Our Expectations.

- It is expected that parents will be **on the snow with their child** in the Bunny Program. The **Bunny program is a 1:1 ratio**. Parents don't need to be on skis, but it is encouraged. If not, wear big warm boots!
- Bunny parents are exempt from additional mandatory volunteer requirements as they are already required to be on the snow with their skier.
- This is a volunteer run club so parents/grandparents are encouraged to join our sessions as assistants/helpers. It's the perfect excuse to enjoy the great outdoors.
- There are also a number of other skiing events that we ask that you consider contributing time to. We have a great club because we have great people volunteering their time!

Coaching.

- Program will be led by Volunteer Ski Club Coaches and will provide training specific to athletes in this stage of development.

Season Duration.

- Program will start mid-November and continue until the middle of March, weather permitting. See **Program Overview** on the youth cross country skiing page for more info like cost, dates and times.
- 1 session/week at the Stoney Creek Centre located at 5320-39 Avenue.