

Date	WEEK	Special Event	Lesson Activities	Head Coach Training Sessions on pond: 11:30am	11:45am
07-Jan	1	Parents meeting at 12:15 in the Club House	Classic Progressions	JR 3	JR 4
14-Jan	2	Coffee and Cookies: Meet and Greet	Skate Progressions	JR1	JR2
21-Jan	3	Marshmallow Roast	Classic		
28-Jan	4	Orienteering	Skate Progressions	JR 3	JR 4
04-Feb	5		Classic Uphill/Downhill		
11-Feb	6	World Cup Weekend with a relay race involving multiple groups	Classic	JR1	JR2
18-Feb	7	Loppet Prep	Classic - JR2 and up start at Montfort and ski to Morin-Heights		
25-Feb	8		Skate Progressions	JR 3	JR 4
04-Mar	9		Skate long distance (Go for a long skate ski)	JR1	JR2
11-Mar	10	Club Championships, Awards and Fun relay	Club Championships - Classic		