

## Welcome to *Adult Heroes* — Sovereign Lake's Newest Cross Country Ski Program for Adults (2025/26 Season)

*Adult Heroes* is back after a highly successful inaugural season! This program for skiers aged 19 and over is designed for adults looking to improve their skiing technique and fitness in a supportive, skill-focused environment.

Led by qualified professional coaches, *Adult Heroes* includes:

- **Two classic and two skate sessions each month**
- **Ongoing coaching support** to help you build a personal skiing routine outside the weekly class
- A structured program focused on developing confidence and technical skills

### Program Details:

- **When:** Tuesdays, 6:00–7:30 pm [alongside youth programs so parents can participate ;)]
- **Where:** Meet at Sovereign Lake Stadium in front of the Tech Building
- **Who it's for:** Intermediate skiers who can comfortably ski 6 km in 60 minutes on flat to gently rolling terrain (think Passmore – Carl Wylie trails.)

### Dates:

- Dec 2, 9, 16
- Jan 6, 13, 20, 27
- Feb 3, 10, 17, 24
- Mar 3, 10

### Program Format:

- ***Not a drop-in program: registration is required for each session***
- 1 session per week (Tuesdays)
- 1.5 hours per session
- \$280 for the full season (December–March)
- **Spots available:** 20
- **Registration Deadline:** September 30, 2025

### Cancellations & Missed Sessions:

- Missed sessions by participants will not be rescheduled or refunded.
  - Sessions cancelled by SLNC due to extreme cold may be rescheduled if possible; no refunds will be given if rescheduling is not feasible.
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**Is *Adult Heroes* Right for You?** This program is ideal if you've skied for a season or two and are ready to level up your technique and stamina. Not sure if you meet the requirements? Reach out to Eric, the *Adult Heroes* coach, for guidance.

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