Get out and play this Winter!

Adaptive Nordic Skiing Clinics
For beginning- to intermediate-level skiers. One-to-one instruction is available in stand-up, visually impaired, and sit-skiing.
**Sundays:** Jan. 11 and Feb. 8 1:00 - 2:30 pm

Adaptive Yoga
An introduction to mind-body concepts and practical exercises
**Tuesdays:** 10:30 am - 12:00 pm Jan. 20 – Feb. 24
**Thursdays nights:** 5:30 – 7:00 pm Jan. 22 – Feb. 26

Mono Camp, Spirit Mountain
Mono skiers from across the Midwest and top instructors from resorts out west work with beginner to advanced level mono-skiers to improve their skiing skills.
**Wed.** Feb. 25, 1:00 pm – 5:00 pm
**Thurs:** Feb. 26, 9:00 am – 5:00 pm
**Fri:** Feb. 27, 9:00 am – 3:00 pm

Curling, Duluth Curling Club
Clinics designed to introduce athletes of all abilities to the excitement and challenge of this Olympic and Paralympic sport.
**Friday nights:** Jan. 30, Feb. 20 5:00 - 6:30 pm

Spirit Mountain Ski Program
One-to-one instruction is available in stand-up, visually impaired, bi-ski, dual-ski, and mono-skiing.
**Tuesdays or Thursday nights:** Jan. 13 – Mar. 19, 5:45 - 8:00 pm or **Sundays:** Jan. 25 – Feb. 15, 2:00 – 4:00

Dog Sledding and Sleigh Ride
In partnership with Positive Energy Outdoors, join us for a day of winter fun, including sled dog team and draft horse rides.
**Sun:** March 8, 11am - 1pm

For information on any Courage Kenny Rehabilitation Institute - Northland program please call Mark Hanna, program coordinator, at 218-726-4834.

Financial assistance is available for all programs. No one is turned away due to inability to pay a program fee.

Registration form and payment should be received by Courage Kenny Rehabilitation Institute - Northland at least one week prior to participate in any program.

Check out our website at [www.couragecentre.org/duluthsports](http://www.couragecentre.org/duluthsports) for program information, registration forms, scholarship forms, and on-line registration options.