Get out and play this Winter!

**Adaptive Yoga**
An introduction to mind-body concepts and practical exercises
Now – Dec. 18, 2014
**Tuesdays:** 10:30 am - 12:00 pm or  
**Thursdays nights:** 5:30 – 7:00 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 pm

**2015 Mono Ski Camp**
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**
Clinics designed to introduce athletes of all abilities to the excitement and challenge of this Olympic and Paralympic sport.
**Friday nights:** Dec. 5, Jan. 30, Feb. 20  
5:00 - 6:30 pm

**Giant’s Ridge Ski Program**
For beginning- to intermediate-level skiers. One-to-one instruction is available in stand up, bi- skiing and mono-skiing.
**Select Sundays:** Jan. 25 – Mar. 15  
10:00 – 11:30 am or 12:30 – 2:00 pm

**Nordic Skiing**
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

To register On-Line or for detailed information on any Northland program click on the title link under the photo or call Mark Hanna, program coordinator, at 218-726-4834.

Check out our website at [www.couragecentre.org/duluthsports](http://www.couragecentre.org/duluthsports) for other programs offered and printable registration forms that can be mailed in.

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

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