

# CROSS COUNTRY SKI CLINIC

**FREE AND OPEN TO THE PUBLIC,  
ALL AGES AND ABILITIES WELCOME!**  
**SATURDAY, JAN. 11, 2025**



**FREE!**

## PART ONE

**INDOOR INSTRUCTIONAL CLINIC**  
Learn technique, safety, gear, health benefits, and more!

**LOCATION:**  
Homewood Golf Course Clubhouse,  
401 E 20th St., Ames

**TIME:** 1 to 2 p.m.

## PART TWO

**OUTDOOR PRACTICUM CLINIC**  
Let's go skiing!  
One hour of onsite instruction and gear check. Gear is not provided.

**LOCATION:** Carr Park,  
1704 Meadowlane Ave., Ames

**\*TIME:** 2:15 to 3:15 p.m.

*\*NOTE: Part Two of the clinic will take place on Saturday, Jan. 11, 2025 after Part One if optimal snow permits. If not, Part Two will take place the first ski-able Saturday after the clinic. Notifications will be sent out via email and social media.*

**No gear, no problem!  
Contact our supporting vendors in advance for rental information.  
Jax Outdoor Gear at 515.292.2276 and ISU Recreational Services at 515.294.8200 or <https://www.recservices.iastate.edu/adv.../equipment-rental/>**

To register and for more information, visit [AmesParkRec.org](http://AmesParkRec.org) or call the Community Center at 515.239.5350.



**IOWA STATE UNIVERSITY**  
Recreation Services