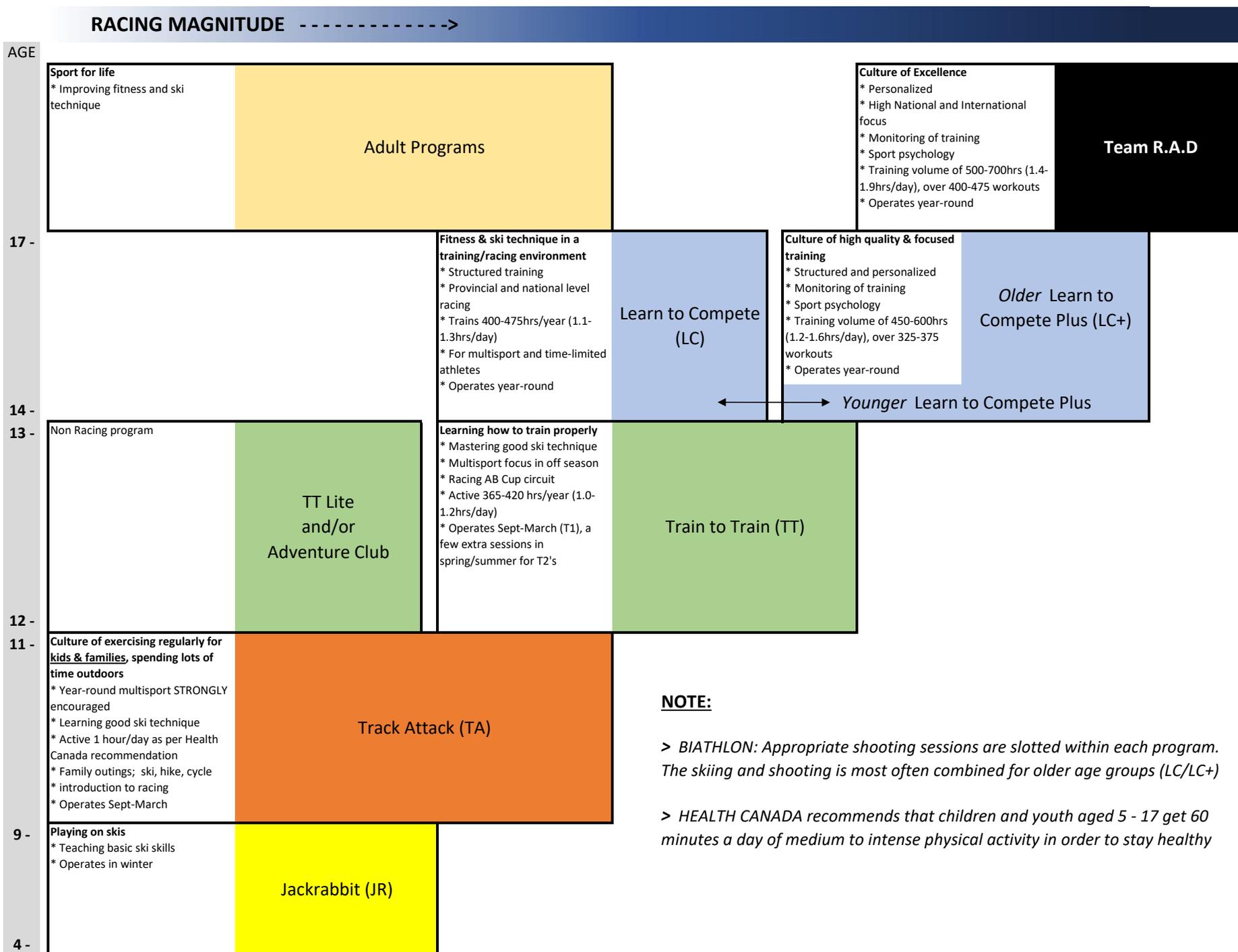


2018-19 CANMORE NORDIC PROGRAM DIAGRAM



NOTE:

> **BIATHLON:** Appropriate shooting sessions are slotted within each program. The skiing and shooting is most often combined for older age groups (LC/LC+)

> **HEALTH CANADA** recommends that children and youth aged 5 - 17 get 60 minutes a day of medium to intense physical activity in order to stay healthy