



**FREE\* Nakiska Ski Trip!**  
**Sunday, March 21, 2010**  
 Bus leaves the MFRC at 7:30 am  
 Arrive back at the MFRC  
 approximately 5:30 pm  
**Military Families**



- \* **FREE** Lift tickets compliments of TELUS
- \* **FREE** Transportation
- If you require rentals, the MFRC has subsidized the group rate prices, to make them even more affordable!
- Interested in lessons?  
 Please call the hill to set up your own lessons at: 1-403-591-7777

**Deadline to register and provide payment (for rentals):  
 March 15, 2010**

When calling the MFRC to register, please have the following information for each person participating:

- \* Age
- \* Height
- \* Weight
- \* Shoe size
- \* Skiing or Snowboarding
- \* Ability (1 to 5)
- \* Left or right foot forward, snowboard
- \* Helmet rental needed

**If** the MFRC does not have all this information the Hill will **not** have your rentals set aside and you will

MFRC Prices	Rental
Adult <i>18 yrs &amp; over</i>	\$15.00
Youth <i>13-17 yrs (must show ID)</i> <i>Youth cannot ski/snowboard alone</i>	\$15.00
Child <i>6-12 yrs (must show ID)</i> <i>Children must be accompanied by an adult</i>	\$13.00

**TELUS** will be on site with a welcome tent offering some little goodies and hot chocolate.  
**Please do not forget to stop by and thank TELUS for this wonderful opportunity!**

*Please note...* that skiing and snowboarding are considered **“HIGH RISK ACTIVITIES”**. Although Nakiska and the Calgary MFRC have precautions in place, accidents may still occur. Each participant must sign our waiver to acknowledge they understand and accept the risks associated with this sport. As well, a completed health information form must be filled in before attending. Helmets are mandatory for anyone under 18 years of age.