



FRESH AIR
EXPERIENCE



FRESH AIR EXPERIENCE & SILVER STAR MOUNTAIN CROSS COUNTRY SKI CAMPS

PACKAGES STARTING FROM \$295 PER PERSON

Woman's Nordic Retreat

Date: Jan. 11-13, 2013

- Jan. 11**
- Noon Arrival/Lunch
 - PM warm up ski with coach
 - Evening Socializer (Cocktail Making Class 101)
 - Dinner on your own
- Jan. 12**
- 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - PM Free time (ski/snowshoe/relax)
 - PM Massage
 - Evening Socializer (Happy Hour with other skiers & coaches)
 - Dinner on your own
- Jan. 13**
- 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - PM Free time (ski/snowshoe/relax)

Couple's Nordic Getaway

Date: Feb. 15-17, 2013

- Feb. 15**
- Noon Arrival/Lunch
 - PM warm up ski with coach
 - Evening Socializer ("Nice Buns" – The art of the cinnamon bun with award winning baker Frank Berker, Bugaboos Bakery Cafe)
 - Dinner on your own
- Feb. 16**
- AM Ski Prep 101
 - 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - PM Free time (ski / snowshoe /relax)
 - PM stretch class
 - Dinner on your own
 - Evening Socializer ("Intro to Dance Basics" – with City Dance Studio)
- Feb. 17**
- 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - PM Free time (ski/snowshoe/relax)

Mountain Girl's XC Boot Camp

Date: Mar. 8-10, 2013

- Mar. 8**
- Noon Arrival/Lunch
 - PM warm up ski with coach
 - Evening Socializer (Cocktail Making Class 101)
 - Dinner on your own
- Mar. 9**
- AM Warm-up (jog/ski prep)
 - 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - 1.5 hour PM ski improvement session
 - PM stretch class
 - Evening Socializer (Happy Hour with other skiers & coaches)
 - Dinner on your own
- Mar. 10**
- AM Warm-up (jog/ski prep)
 - 2.5 hour AM ski improvement session
 - Lunch w/ Coach & Group
 - 1.5 hour PM ski improvement session

ACCOMMODATION AT SILVER STAR



Luxury apartments featuring high-end furnishing, fitness center, theatre, kids play area, and lounge. The ultimate luxury location in the village.



Experience the newest resort property at Silver Star. Smartly decorated condos located right next to Brewer's Pond featuring a shared common hot tub.



Best known for spacious units, warm atmosphere and spectacular views, this property offers a choice of studios and one bedroom units.

Look for more details @ SKISILVERSTAR.COM & www.freshair.ca

Need accommodation? Call Central Reservations @ Silver Star on 1-800-663-4431 and quote the discount code "XD".