

ProspectHERS Nordic Ski Program

2026

Program Mission

The Mission of *ProspectHERS Nordic Ski Program* is for women to foster a love of Nordic skiing through a social, supportive, instructional, and positive experience.

Instructor

Donna Smyth, Ed.D., RYT is the founder and director of *Wildfire Yoga & Fitness, LLC*. (www.wildfireyogafitness.com). She has been teaching, coaching, and helping others lead a healthy active lifestyle for over 35 years.

What You Should Expect

This program is **developmental and sequential**. This means that each class session progresses from the previous one. Participants should expect to commit to attending all three class sessions within their desired program. For example, if you register for “Classic With Ease” you should plan to attend that class on all three days. Please note that it is recommended that you register for only one program.

Each 1.25 hr. session will focus on skill development, on-snow fitness, and “ski camaraderie.” **To provide a quality experience, each program is limited to 6 participants.**

Program sessions and descriptions:

Thursdays (January 8, 15, & 22)

- 9:30-10:45 **Beyond Beginner Skate**. You have had some experience with skate skiing, but want to enhance your technique so that you can dash up those hills, step turn, and ski down with confidence
- 11:00 – 12:15 **Beginner Skate**. You have experience classic skiing and can snowplow, herring bone, etc.; you want to learn the basics of skate skiing to have fun on the trails
- 12:45 – 2:00 **Classic With Ease**. You have had some experience with classic skiing, but want to “ski with ease” on most trails (e.g. diagonal stride, double pole, kick-double pole, uphill/downhill, step turns)

Tuesdays (January 6, 13, 20),

- 10:00 – 11:15 **Skate Ski Training**. This program is for skate skiers who can ski 5km or longer and utilize the following three skate ski techniques: V1, V2, V2 Alternate. The focus of this program is for the skier to fine tune technique, work on efficiency as well as speed.

- 12:00 -1:15 p.m. **(New this year!) Classic Ski Training.** This program is for classic skiers who can ski 5km or longer and utilize the following techniques with ease: diagonal stride, double pole, kick-double pole, uphill-downhill, step turns. The focus of this program is for the skier to fine tune technique, work on efficiency as well as speed.

Program Cost

The cost for each program is \$75, payable to Prospect Mt. Nordic (first session, payable at the Prospect ticket counter). The program fee is non-refundable. If snow/weather conditions do not permit an on-snow session, the make-up day will be the following week.

Equipment is not Provided

Skis, poles, and boots are required for all ProspectHERS Nordic Ski Programs. Equipment is not provided. *Ski equipment can be rented at the Prospect Nordic Center.* The proper fit of equipment is imperative. Classic and skate equipment is VERY different. Please be sure to have the proper equipment for your chosen technique.

Trail Pass

When you are skiing with The Prospecthers, a Prospect Mt. Season Pass or day pass is required.

Liability Waiver

Must be signed prior to the first session.

Other Questions or Concerns

Please contact Donna Smyth (wildxc@comcast.net) or 802.579.3360.

To register: Please contact Donna Smyth (wildxc@comcast.net). A registration form will be sent to you via email.