

Outdoor Recreation

The outdoor recreation program is dedicated to providing quality adventure programs to Pocatello folks that might not have access to them otherwise. To keep costs minimal expect to pitch in – these are NOT guided activities. Teaching skills so people can branch out on their own is a top priority. Fitness level is not as important as motivation; try to break out of your shell. Because of the nature of the programs, many are limited in group size to a handful so the instructors can help everyone. Other programs are limited by vehicle capacity, equipment restrictions or logistics. Sign up in advance to ensure a spot. Questions are expected and welcome. Contact Maren: mhunter@pocatello.us or 208-234-6237.



Indoor Kid Rock Climbing (Grades 1st-6th)

Indoor climbing is much easier for kids to understand. The holds are bigger and kinder to the fingers and the environment is controlled. Kids learn to boulder, climb routes and win prizes during games.

Cost: \$30

Class Max: 12 kids

Time: 4:00-5:30



Session 1: Wednesdays: October 5, 12, 19

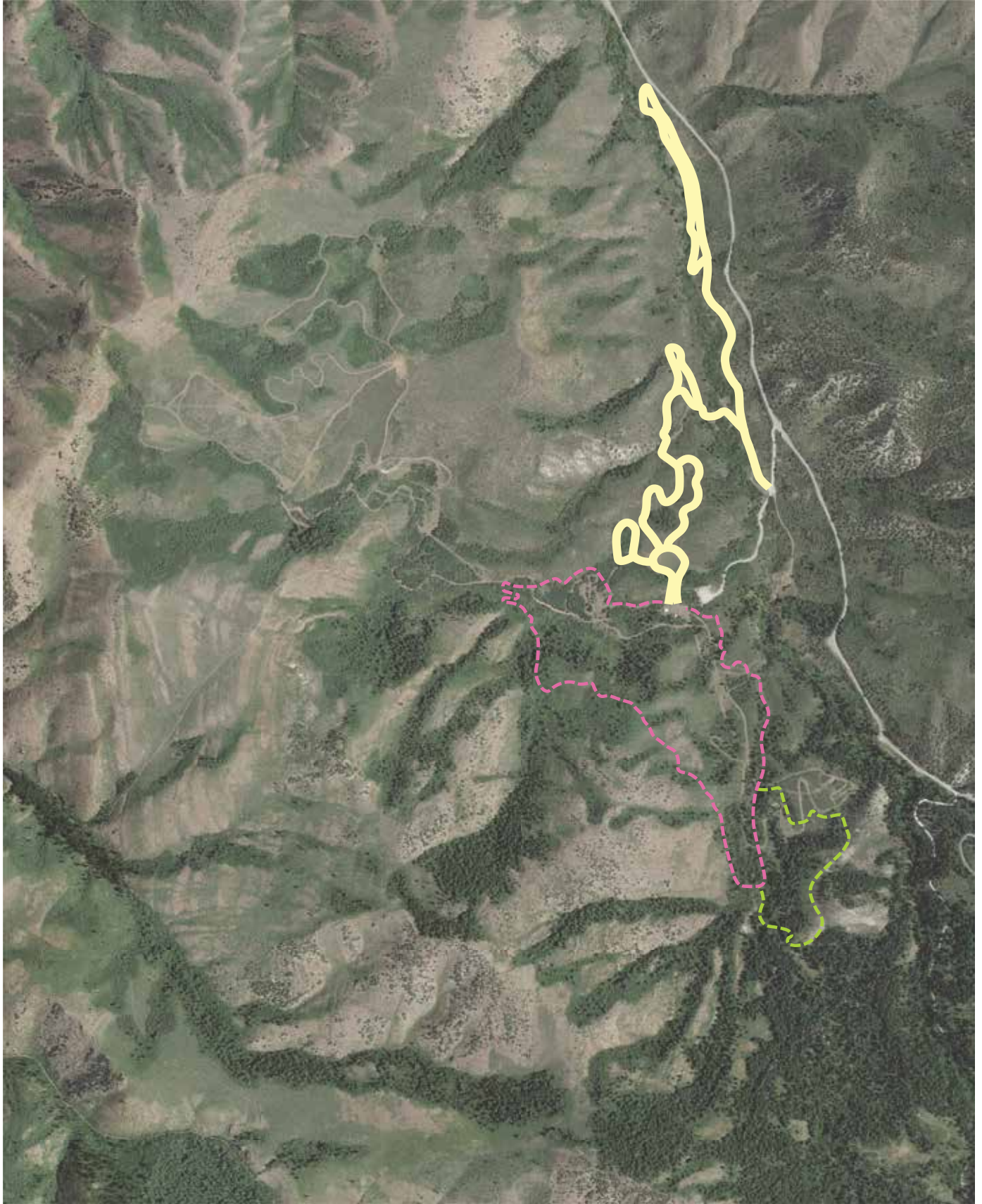
Session 2: Wednesdays: November 2, 9, 16

Session 3: Wednesdays: March 1, 8, 15

Meeting Place: Community Rec. Center
144 Wilson St.

Register Online: register.pocatello.us

COVID-19 ADVISORY: Pocatello Parks and Recreation staff will continue to work in conjunction with the Southeastern Idaho Public Health departments to implement any safety measures required due to COVID-19.



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NORDIC SKI EXPLORE & TOUR

A BASIC KNOWLEDGE OF CROSS-COUNTRY SKIING REQUIRED

This program is designed for those who have cross-country skiing experience but want to expand their skills and explore local Nordic areas. This will be a 3-Part progression class. The first class will be at the East Mink Creek Nordic Center (EMCNC) with a 1-hour lesson followed by a self-guided tour tailored to your ability level. The second class will be at Soda Springs; this area offers flatter terrain and rolling hills. The final class will be back at the EMCNC to tackle the fun and challenging terrain by exploring the more difficult trails such as "Screamer" and "Lost Groomer."

Note: *This class is highly weather-dependent which means classes may be canceled or travel destinations changed.*

COST:

PER CLASS: \$20*

**Includes van transportation and trail passes*

EQUIPMENT RENTAL: \$10*

**Discounted for class*

DATES:

December 18th.....10am
(meet at the EMCNC)

January 22nd.....10am
(meet at the Outdoor Rec Shop)

February 26th.....10am
(meet at the EMCNC)

WOMEN'S WINTER LESSON SERIES

Take a lesson in Nordic skiing from our best instructor, who happens to be female. All classes are limited in size. Sign up for one or all in a package. Advanced registration suggested. Prices include trail pass and equipment rental. Dress to be outside, but active. Please show up half an hour early to get fitted for your skis.

Classic Ski Beginner

January 8th.....9:30am-11am

Classic Ski Intermediate+

February 5th.....9:30am- 11am

Skate Ski Beginner

January 8th.....11:30am-1pm

Skate Ski Intermediate+

February 5th.....11:30am-1pm

COST: 1 class \$20
2 classes \$40
3 classes \$60
Entire series \$80



Outdoor Recreation

SKI FOR FREE DAY

January 7th FREE All Day

Come to our season kickoff event! Use our rental equipment at no charge or bring your own to avoid delays. Trail passes are free for the day and volunteer instructors give free mini lessons. We will have rental equipment available in two hour increments. You can sign up for your two hour slot on our website at rent.pocatello.us. We will have some excess equipment but it is first come, first served and not guaranteed. Consider renting in advance from a ski shop in Pocatello to guarantee a stress free day. Snowshoes are also available. Make sure to check out our Facebook page at Pocatello Outdoor Recreation for more information leading up to the event!

SATURDAY SKI

Feb 4, 11, 18, 25

COST: \$48

- Ages 5-9.....10:30am-noon*
- Ages 10-12+.....12:30pm-2pm*
- Ages 13-16+.....2:30pm-4pm*

Four weeks of fun for any age. Younger kids learn the basics of getting around on the snow. Older kids focus on getting some mileage under their belts, and refining skills on bigger hills.

Fee includes daily rental equipment, a trail pass and instruction. Arrive 30 minutes early the first week to be fitted for equipment.

***First Lesson is only 1 hr.**

Register Online: register.pocatello.us

Potato Cup Cross Country Ski Race

Hosted by the Pocatello Cross Country Ski Foundation

January 21, 2023

ADULT LESSONS

Adult lessons are scheduled as needed. 2-6 people at a time can take adult lessons for a flat fee of \$60 per hour. Trail passes and rental equipment purchase will be necessary for those without gear or a season pass. Groups over 25 can also get package deals on equipment and passes. Email Andrea to schedule your family or group at afaust@pocatello.us.

SUNDAY SNOWSHOE & WINE CLUB

Bring the beverage of your choice. We will sit in the mountains and have a snack and a drink then go for a snowshoe walk. Please plan your drive home responsibly by carpooling. No registration necessary.

Meet at noon in the Yurt.

The hike starts at 1pm.

- **January 8th – Pink Trail**
- **February 5th – Green Trail**
- **March 5th – Off Trail Adventure with marshmallow roast to follow**

Cost: \$5 per car to park

\$7 to rent snowshoes if necessary.

Designated Driver gets free snowshoe rentals.

