

The Boone County Conservation District

presents

Snowshoes

A program for Junior High & High School students

Did You Know??

Snowshoeing...

...is approved by the American Heart Association® as an approved aerobic activity.

...is a low-impact workout.

...burns up to 2x the number of calories as walking at the same speed.

...aids in developing major muscle groups & increases endurance.

...requires a small amount of technical skills.

*The program can be delivered at your school
or at one of the BCCD's various conservation areas.*

Depending on your time frame:

We'll review the history of snowshoeing, learn basic snowshoe terminology, identify the health benefits of snowshoeing, learn cold weather injury prevention, how to appropriately dress for cold weather sports, & of course - snowshoe!

*For more information or to schedule a program, call the BCCD at (815) 547-7935
or email Tina Dawson Scott at tdawson@bccdil.org*

*\$5/student -
includes
snowshoe
rental*

