

The Boone County Conservation District

Snowshoes

This program is offered to Junior High & High School students and can be delivered at school or at one of the BCCD conservation areas.

SNOWSHOEING...



is approved by the American Heart Association® as an 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.

**\$5/student
or
\$10/student if
out-of-county**

We will review the history of snowshoeing, learn basic snowshoe terminology, identify the health benefits of snowshoeing, learn cold weather injury prevention, discuss how to appropriately dress for cold weather sports, and, weather permitting, we will head outside to snowshoe! We will provide the snowshoes, limited to 30 pairs.

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