



**MOUNT HOTHAM  
FREE SKI**

FREE YOUR IMAGINATION



## MHFS DRY LAND SERIES CALENDAR FEB - MAR 2016

These Dry Land training sessions have been created for the individual athletes who would like to continue their pursuit of 'Free Ski on snow goals' outside of the Australian Winter.

Staying connected with their snow friends from the mountains, and enjoying new friendships, whilst learning from expertly trained, world proven coaches.

Creating more confidence, fitness thru a series of cross training sports sessions, and a continued passion for the art of Free Skiing!

**day date time activity venue cost**

	day	date	time	activity	venue	cost	
<b>FEBRUARY</b>	Wed	3.feb	5-7pm	Tramp	Bounce Glen Iris	<b>DRY LAND PASSES &amp; PRICES</b>  <b>THE DROP IN EXPERIENCE</b> 1 x program session \$60  <b>INTRODUCTION PACK</b> 4 x program sessions \$220  <b>COMMITTED SERIES</b> 8 x program sessions \$400  <b>30 SESSIONS - 2016 PASS</b> 30 x program sessions \$950  <b>2016 PASS<sup>1</sup></b> 56 x program sessions \$1,456  <b>FULL SEASON PASS<sup>1</sup></b> 85 x program sessions \$2,225	<b>LOCATIONS</b>  <b>TRAMPOLINE BOUNCE INC</b> 2 Weir Street Glen Iris 1300 000 540  <b>GRAVITY ZONE</b> 25 Oliphant Way Seaford 8770 3900  <b>Equipment Required:</b> ~ Water Bottle ~ BOUNCE / GRAVITY socks ~ appropriate clothing  <b>SSA WATER RAMP FACILITY<sup>2</sup></b> 6 Ross Road Gruyere
	Thu	4.feb	5-7pm	Tramp	Bounce Glen Iris		
	Sat	6.feb	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Sun	7.feb	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Wed	10.feb	5-7pm	Tramp	Bounce Glen Iris		
	Thu	11.feb	5-7pm	Tramp	Bounce Glen Iris		
	Sun	14.feb	4-6pm	Tramp	Gravity Zone Seaford		
	Wed	17.feb	5-7pm	Tramp	Bounce Glen Iris		
	Thu	18.feb	5-7pm	Tramp	Bounce Glen Iris		
	Sat	20.feb	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Sun	21.feb	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Wed	24.feb	5-7pm	Tramp	Bounce Glen Iris		
	Thu	25.feb	5-7pm	Tramp	Bounce Glen Iris		
Sun	28.feb	4-6pm	Tramp	Gravity Zone Seaford			
<b>MARCH</b>	Wed	2.mar	5-7pm	Tramp	Bounce Glen Iris	<b>Equipment Required:</b> ~ Skis & boots ~ Life jacket ~ Wetsuit (long arms and legs is best) ~ Helmet ~ Ski straps to hold skis if they detach in water ~ Snacks & water	
	Thu	3.mar	5-7pm	Tramp	Bounce Glen Iris		
	Sat	5.mar	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Sun	6.mar	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
	Wed	9.mar	5-7pm	Tramp	Bounce Glen Iris		
	Thu	10.mar	5-7pm	Tramp	Bounce Glen Iris		
	Sun	13.mar	4-6pm	Tramp	Gravity Zone Seaford		
	Wed	16.mar	5-7pm	Tramp	Bounce Glen Iris		
	Thu	17.mar	5-7pm	Tramp	Bounce Glen Iris		
	Sat	19.mar	9am-12pm	Water Ramp #	6 Ross Rd Gruyere		
Sun	20.mar	9am-12pm	Water Ramp #	6 Ross Rd Gruyere			
Wed	23.mar	5-7pm	Tramp	Bounce Glen Iris			
Thu	24.mar	5-7pm	Tramp	Bounce Glen Iris			

# SSA water ramp passes required

[www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)

**ATTENDANCE CONFIRMATION REQUIRED 48HRS PRIOR TO ALL SESSIONS**

<sup>1</sup> PASSES VALID FOR UP TO 3 FAMILY MEMBERS PER SESSION FROM AGE 8YRS+

<sup>2</sup> SSA WATER RAMP REQUIREMENT - MIN. AGE 10YRS UNLESS PRIOR PERMISSION BY PROGRAM HEAD COACH

**COME AND LET'S FREE YOUR IMAGINATION!**

**Martin Rowley**  
P 0412 369 694

E [martin@mounthothamfreeski.com.au](mailto:martin@mounthothamfreeski.com.au)  
W [mounthothamfreeski.com.au](http://mounthothamfreeski.com.au)

