

## Ladies of the Water:

In Dartmouth, on any given weekday afternoon, you may grab a glance at the N.S. Water Ski Association's Ladies Only Water Ski Club. But, if you are male!! you will have to watch from afar, because on Lake Charles from 4-6pm every weekday its **Ladies Only!**



Leanne happy with learning a deep-water start on the "Big Easy"

This club has been in operation for 5 years, and our numbers have been going up every year. Membership is increasing because women are becoming aware of the amazing fitness that results from water skiing on a regular basis. Water skiing is a 3 dimensional weight supported activity, which can help prevent osteoporosis, increase arm, leg and buttock firmness as well as promote cardiovascular health. All while you are having so much fun, you can't believe its exercise. No gym can make that promise!

This coming 08' season promises to be our biggest year ever. We are introducing a program to teach all aspects of show-skiing, similar to the Cypress Gardens / Sea World type of skiing. Participants will have the option of performing in a ski show before a natal day crowd.

Instructors and boat crew are all female. Members ski in an atmosphere of encouragement and positive outlook. Most sessions are filled with so much laughing, giggling and positive vibes it is difficult to keep the boat from laughing too!

The founder, operator and instructor: Claudia Currie is a competitive water skier and has certifications for coaching, boat driving as well as first aid and CPR. Safety is our number one concern, and after that, fun is a close second.



Cathy Schipilow shows the girls her slalom technique

The club offers instruction and encouragement from the basics to competitive level skills. Some ladies like to simply ride in the boat, others have learned for the first time and get great pleasure crossing and skimming outside the wakes. Other ladies are getting around ball 4, 5 and 6 in the slalom course. Truly, there is something for everyone.

For some women the convenience of our "instructors on the go" is the option they choose. We can travel to your site and teach there in the same positive environment. Ladies only



Photo shows regular ski club members, L to R: Leanne Clements; Lyn Doubleday; Cathy Schipilow; Debbie O'Hearn-Gray; (front row)



Photo shows instructors Claudia Currie (Canadian Womens 4 Overall champ) and guest coach Leza Harrison (USA Women's Overall Champ and World Senior Trophy Silver Overall Champ).

sessions were held every Tuesday night at Lake Fletcher in 07'.

Lessons are geared towards women and their unique learning styles. Skiers are allowed to progress at a rate that is comfortable to them. Often something as simple as a mother-daughter session can facilitate better motivation and skill development.

Learning for your whole life makes great things happen, come out and see for yourself. Take the plunge, you'll never look back (unless of course you are on a trick ski).



membership fee to this club is a mere regular N.S. Water Ski Association membership at a cost of \$15. Cost of the lessons is tied to the price of gas and declared at the beginning of summer.

Git your ski on!

Ski you there!