



## NEWS RELEASE

For Immediate Release

March 6, 2017

### **Learn to Luge in March: Spring Break Day Camps and Discover Sessions at the Whistler Sliding Centre**

*Whistler, BC:* Those looking for exciting Spring Break activities for their kids have lots of options at the Whistler Sliding Centre. The BC Luge Association will be hosting full-day “Learn to Luge” camps, and together with the Centre, BC Luge will also hold 2-hour “Discover Luge” sessions. No experience is necessary for both programs.

The “Learn to Luge” camp will run daily from March 20 to March 24, participants can book single, multiple or all camp days. Children and youth (ages 8-12) will be supervised from 8:30am until 3:00pm, with on-ice luge lessons in the mornings and luge-specific gymnastics sessions at the Whistler Athletes’ Centre in the afternoons. With the help of a professional coach, participants slide from curve 13 through the Whistler Sliding Centre’s final four corners, reaching speeds of up to 70 km/hr. Price for the camp per child is \$50 per day for one or two days and only \$25 for each additional day/\$175 for all five days (includes sport-specific equipment and transportation between luge and gymnastics sessions).

The 2-hour beginner programs “Discover Luge” are offered to participants between 8 and 17 years old and take place on Tuesday, March 14 (4:30-6:30pm) and Monday, March 20 (4:30-6:30pm). Similar to the luge camp, sliding starts in curve 13. Experienced coaches teach participants the basics to the sport. Cost for the one-time Discover sessions is \$50 (\$40 for BC Residents). Parents are welcome to join their children to try the sport.

More information on the Learn to Luge camp as well as the Discover Luge sessions is available at [www.whistlersportlegacies.com/sportprograms](http://www.whistlersportlegacies.com/sportprograms), registration is possible by phone at 604-964-0040 or by email to [admin@bcluge.ca](mailto:admin@bcluge.ca).

#### **About the Whistler Sliding Centre**

The Whistler Sliding Centre (WSC) is operated by Whistler Sport Legacies, a non-profit organization dedicated to grow sport at three venues: Whistler Olympic Park, the Whistler

#### **Whistler Sliding Centre**

Mail: 1080 Legacy Way, Whistler, BC, Canada V0N 1B1  
Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4  
Web: [www.whistlerslidingcentre.com](http://www.whistlerslidingcentre.com)



Sliding Centre, and the Whistler Athletes' Centre. The WSC was the site of the bobsleigh, skeleton and luge competitions for the Vancouver 2010 Olympic Winter Games and today is a training and competition venue for sliding sport athletes of all levels. For more information, visit [whistlerslidingcentre.com](http://whistlerslidingcentre.com).

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