



Biathlon Nova Scotia

Biathlon Bears

Biathlon Nova Scotia is pleased to present an introductory program to the sport of biathlon through our Biathlon Bears program.

- Sessions will run each Saturday from 12-1pm at McDonald Sport Park in Waverly starting Jan. 30th- Mar. 6th.
- This program is intended for beginners to the sport from age 9 to 99. Participants will learn about the sport of biathlon an introduction to physical conditioning, range safety and how to shoot an air rifle.
- The cost is \$40 dollars.
- Athletes are required to be prepared for physical activity, bring their own mat to lay on for shooting (yoga or exercise mat) bring water and a face mask.
- Registration can be done through <http://biathlonns.ca/membership.php>
- All other questions can be directed to katrenathomas97@gmail.com

