



**LaRoccaXC**  
École de vélo de montagne  
Mountain Bike School

*Feel the energy!*

## FIND YOUR FOCUS & FLOW

Four play parks | Technical single tracks | Challenging features

## COACHING FEES

**with certified professional coaches**

Does not include GST & QST

\$10 trail improvement fee per rider | 2022 Derecho Relief Fund (TRF)

### PRIVATE coaching

\$130 (2 hours intensive)

Customized for your needs

### GROUP or FAMILY (maximum 8)

Full morning or full afternoon (3 hours)

1 <sup>st</sup> rider	2 <sup>nd</sup> rider	3 <sup>rd</sup> rider	4 <sup>th</sup> rider	5 <sup>th</sup> rider	6 <sup>th</sup> rider	7 <sup>th</sup> rider	8 <sup>th</sup> rider
\$85	\$75	\$65	\$55	\$45	\$35	\$25	\$15

The total is then divided by the # of students

A variety in ability level may require a 2<sup>nd</sup> coach

**Stay the rest of the morning or afternoon to practise on the trails what you have learned.**

**The Amik Lodge will be open for refreshments.**

**CALL 819.456.2786 or email [creativewheel@bell.net](mailto:creativewheel@bell.net) to book a session**

**EDUCATION | CONSERVATION | RECREATION**

100% of all proceeds go towards the sustainability of the Amik Forest Project



Coup de cœur  
Tourisme Outaouais 2010