



Jackrabbit & Bunnyrabbit Program 2010-2011

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Program Dates:** Saturday January 8th to March 12th 2011 for on-snow programs.
Fall games day on Sunday Nov 7th (details to follow). This pre-snow event gives kids and parents a chance to get outside, explore the trails and meet other ski buddies and leaders before lessons begin. Hiking, games, and fresh air will make for a good night's sleep!
- Program Times:** Saturday afternoons from 1:30 to 3:30 p.m.
- Location:** Bonnenfant YMCA-YWCA Outdoor Centre at 1620 Sixth Line Road, Kanata
- Program Prices:** *Before October 1st:* \$65.00
After October 1st: \$80.00
- Ages:** 4 to 10 year olds (ages as of December 31st 2011)

PROGRAM DESCRIPTION

The Bunnyrabbit *and* Jackrabbit programs are designed as the first two stages of the Cross Country Canada's "Active for Life" model (see www.canadiansportforlife.ca or the [CCC site](#)). Bunnyrabbits is part of the Active Start stage, while Jackrabbits fits into the FUNdamentals category. Young skiers learn basic skills in a progressive manner over the season and over several seasons. The sessions are focused on developing agility, balance and coordination through a variety of activities and games.

The Bunnyrabbit program is directed at first-time skiers aged 4 to 5 years and aims to get them comfortable on their skis while teaching basic skills such as falling and rising and negotiating small hills. Skills are taught without poles. Skiers learn through lots of interactive games. Each child must have a parent with the group, so adults, be prepared to have fun!

The Jackrabbit program encourages young skiers to continue their skills development, gradually involving more advanced techniques. The emphasis is still to have fun while learning, with lots of games incorporated into the lessons. Children will learn techniques in both classic and skating as they progress through the four levels. Participants are given a personal booklet to track their progress each season. Sticker awards are given for technique and program achievements. Parents are still needed and are encouraged to participate alongside their Jackrabbits.

There is also a program specially geared for older skiers just starting cross-country skiing, the Dyna-rabbits. This is a great entry point for new skiers ages 9 through 12 years who would feel out of place with the younger beginners in Bunnyrabbits or early JackRabbit levels. The objective for this program is to give these older new skiers an introduction to skiing in both techniques, so that they can leapfrog into the level of their peers within a season or two.

Kanata Nordic programs are subject to the will of Mother Nature. We generally follow Cross Country Canada's guidelines in terms of program cancellation. This means programs will be cancelled if conditions are unsafe (for example, very icy) or temperatures are below acceptable limits. We attempt to reschedule cancelled events but this is at the discretion of group leaders and subject to their availability. In addition, during the 2010-2011 season there may be construction at the Y Bonnenfant Outdoor Centre that, for safety reasons, will result in the relocation of some programs to other suitable venues. The Club will attempt to give its members as much notice as possible for program changes caused by weather or construction and we thank you for your understanding.

CONTACT INFORMATION

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www.kanatanordic.ca