



Adult Touring 2010-2011

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Program Dates:** Saturday, January 8th, 2011 until the snow melts
- Program Times:** Saturday mornings
- Location:** Various locations in Gatineau park, option to meet at Mlacak Centre, Kanata for carpooling.
- Program Prices:** *Before October 1st: \$65.00*
After October 1st: \$80.00
- Ages:** Adults and Teens 14+

PROGRAM DESCRIPTION

This program is available every Saturday morning and is conducted in various locations in Gatineau Park from January until the snow is gone. Led by Dena Schanzer, an NCCP Level 2 instructor, this program welcomes all intermediate skiers. The sessions consist of recreational skiing over a variety of terrain intermixed with instruction and pointers on classic and/or skating technique. The group meets at the Mlacak Centre parking lot in Kanata at 8:30 a.m. and travels to Gatineau Park for a 2 hour outing more or less, depending on snow conditions and weather. You can select your own quitting time if you bring your own transportation. Whether you are training for your next loppet, want some pointers, or just want some company while you ski this may be the program for you. Better yet bring along a friend or family member.

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 Bonenfant 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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