



## About Kanata Nordic

Kanata Nordic is dedicated to promoting life long activity, fitness and enjoyment of the outdoors through a variety of cross country ski programs offered in a friendly club setting. The club is a member of Cross Country Ontario and our programs are based on Cross Country Canada's skills development model.

Established in 1979, Kanata Nordic is based at the YM-YWCA Bonnenfant Outdoor Centre and the neighbouring Riverfront Park on Sixth Line in rural Kanata. Our trails run through acres of woodlands bordering the Ottawa River. We also arrange ski outings, including to the NCC Greenbelt trails, which we help to maintain, and to the world-class Gatineau Park facility. Cross country skiing is a great way to get out and get active in the cold weather and is a sport the whole family can enjoy together.



### Kanata Nordic Ski Club

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Many thanks to photographers Jo-Ann Holden and Simon Lunn

## Kanata Nordic Ski Club



## Join the Club

Kanata Nordic is a non-profit, family-oriented organization run by volunteers. Anyone can purchase a low-cost annual membership to use our trails, participate in club activities and receive club benefits all year. Members have the option of registering in any of the club ski programs. Kanata Nordic is one of the best winter sports deals in town!

## Volunteer

The club relies on volunteers for all of its operations. Many of our coaches first volunteered when their children began lessons and improved their own ski technique along the way. The club offers its coaches certified training courses. Adults not interested in coaching and teens looking to fulfill their community service hours will find ample occasion to contribute to the club's success in a way that matches their personal skills and interests.

### Kanata Nordic offers:

- Children's learn-to-ski programs
- Youth recreational and racing programs
- Adult ski programs
- Annual Kanata Nordic Sprint Race
- Annual Ski Swap & Sale
- Coaching clinics, trail days, barbecues, member discounts and more!



**Come ski  
with us  
this winter!**



## Children's Learn-to-Ski Programs

We offer learn-to-ski programs for ages 4 and up. The **Bunnyrabbit** level (ages 4-6) gets the little ones comfortable on their skis and learning basic skills through a variety of games. The **Jackrabbit** program (ages 6-11) teaches classic and skate techniques, again through a series of activities and games.

**Dynarabbits** is the perfect entry program for new skiers ages 9-12 who are not initially comfortable on skis. It introduces both ski techniques in a compressed timeframe so that skiers can move into their appropriate age group within a season or two.

## Youth Programs

Kanata Nordic offers programs for youth (10-18) suited to the wide range of interests and skills within this age group. The Youth Recreational program, called **Track Attack**, is intended for skiers who have completed the Jackrabbit program or have equivalent skills or athletic experience (for example, in downhill skiing or hockey). Track Attack sessions cover technique, touring, fitness, and include two or more local events.

The Youth **Racer** program is geared toward motivated athletes who want to reach their potential through realistic personal goals, appropriate training and multiple opportunities to compete throughout the season. Our Youth coaches also provide support to our **Paranordic** athletes, youth and adults.

At registration time skiers select the Track Attack or Racer program and at the start of the season the youth within each program are grouped according to age and ability. Our aim is to provide a level of both physical and social activity suited to the individual, so skiers can switch between programs to ensure the best fit. High school students competing with their school's nordic team will benefit from the additional training and experience offered through either Track Attack or Racers. Our Youth programs deliver a variety of training opportunities while maintaining Kanata Nordic's friendly, small-team environment.

## Adult Programs

We offer an **Adult Novice** program for those with little or no ski experience. It provides instruction in basic ski technique along with tips on equipment, waxing and clothing. Our **Adult Intermediate** program builds on the Novice one or is for skiers who have developed some basic skills. Our **Adult Touring** Program guides skiers on various trails in Gatineau Park each week. Although this is not a lesson-based program, skiers will benefit from pointers on both classic and skate technique while enjoying a variety of terrain. Older teenagers are also welcome in all three Adult programs.

## Schedule

Our season begins in the fall with a variety of outdoor activities and social events. Lessons for all learn-to-ski programs are 10 weeks long and take place Saturdays starting in early January. Most sessions are held at YM-YWCA Bonenfant Outdoor Centre. Youth programs start with dryland training in the fall and continue through March, or as long as the snow lasts. Youth programs run on Saturdays and include several additional evening sessions to choose from. These take place both at the Bonenfant Centre and in Gatineau Park. Training support is offered to Racers year-round.

Visit [www.kanatanordic.ca](http://www.kanatanordic.ca)