



KANATA NORDIC SKI CLUB

Come ski with us & make your Ottawa winter more fun!

2016-2017 MEMBERSHIP INFORMATION

Since 1979 Kanata Nordic has helped make Ottawa winters more fun for all and to get people active through encouraging cross-country skiing in Ottawa. Since 2015 Kanata Nordic has been the resident ski club at Wesley Clover Parks. As a member you get access to a range of benefits including:

- **Ski Trails:** Ski on our growing trail network of over 25km groomed trails for classic and skate-skiing at Wesley Clover Parks. All members receive a member season pass.
- **Ski Programs:** As a member you can register for learn-to-ski programs (for children and adults) and youth racing programs to develop or refine your skills.
- **Events:** Participate in a number of club events in the season including family ski nights, the Annual Pretzel Race, Ski Swap, a banquet at more! Members either attend at a discount or get access to member-only events.
- Opportunities to gain new skills and contribute to building a ski centre by volunteering. Kanata Nordic is a volunteer-run club.
- Be part of a friendly, family-oriented club that has a passion for making winter more fun with cross-country skiing!

Family Members: \$160.00 | Individual Adult Members: \$90.00
(includes Cross Country Canada & Cross Country Ontario fees for all family members)

PROGRAM DETAILS

Kanata Nordic offers a range of ski programs for children, youth and adults encouraging lifelong physical activity. Our programs follow Cross Country Canada's skill development program that aligns with Sport Canada's Long Term Athlete Development model. The majority of our programs take place at Wesley Clover Parks (WCP) and are led by trained volunteer leaders.

Children Learn-to-Ski Programs

On-snow learn-to-ski programs to introduce children to cross-country skiing (Bunnyrabbits) and build their skill development with more advanced techniques (Jackrabbits). The emphasis of these programs is to have fun while learning, with lots of games incorporated into the lessons

PROGRAM NAME	AGES	WHEN / LOCATION	DATES	PRICES
Bunnyrabbit	4 -6	Saturday's 1:30 to 3:30 pm Wesley Clover Parks	Saturday, January 7 to Saturday March 11	\$75 (until Nov. 14) \$85 (after Nov. 14)
Jackrabbit	6 -10			
Dynarabbit	New skiers 9-13			

Youth Programs - Recreational

Teen Ski Fit is our recreational youth program, the emphasis is on a fun, social environment with the opportunity to develop ski skills, physical literacy, and speed. The programs focus on a combination of participatory and competitive elements. There is technique work, touring, fitness activities and a few races that are included as part of the program

PROGRAM NAME	AGES	WHEN / LOCATION	DATES	PRICES
Teen Ski Fit	10-17	Wesley Clover Parks and various other locations throughout Ottawa	Sat., Oct. 5 to Dec. 10 dryland: 10 am to 12 Saturday January 7 to Spring: 1:30 to 3:30 Thursday evenings starting January 12th	\$150 (until Nov. 14) \$165(after Nov. 14)

Youth Programs - Competitive Racing

Kanata Racers is perfect for motivated athletes who want to experience competition at a variety of different levels. The program provides an excellent opportunity to refine the athlete's skiing technique and boost their fitness level in fun and supportive small team environment.

PROGRAM NAME	AGES	WHEN / LOCATION	DATES	PRICES
Racing Rabbits	10-12	Tuesday or Thursday 6:30 to 8:00 PM Wesley Clover Parks Saturday 9:00 to 11:00 AM Gatineau Park	September to Spring 2016 <i>Dryland & on-snow</i>	\$175 (until Nov. 14) \$195 (after Nov. 14)

Junior Racer	13-15	Tuesday & Thursday 6:30 to 8:00 PM Wesley Clover Parks	\$275 (until Nov. 14) \$295 (after Nov. 14)
Senior Racer	15+	Saturday 9:00 to 11:00 AM Gatineau Park	\$275 (until Nov. 14) \$295 (after Nov. 14)

Adult Programs

We offer adult ski programs for Kanata Nordic members (ages 14 and up) to learn to ski and to refine their skiing technique. The programs include: Adult Novice for those first learning to ski, Adult Intermediate for skiers with some experience, and an intermediate level Touring program.

PROGRAM NAME	AGES	WHEN / LOCATION	DATES	PRICES
Adult Novice	14+	Saturday's 1:30 to 3:30 pm Wesley Clover Parks	Saturday, January 7 to Saturday March 11	\$85 (until Nov. 14) \$95 (after Nov. 14)
Adult Intermediate	14+			
Touring	14+	Saturday's 8:30 am Gatineau Park	Saturday, January 7 to Saturday March 11	\$55 (until Nov. 14) \$65 (after Nov. 14)
Masters - Dryland	17+	Saturday's 9am - 11:30 Tuesday: 6:30 - 8pm Thursday: 6:30-8 (optional)	October 11th to November 29th	\$50
Masters - On Snow	17+	December to End of Season	December 3rd to March	\$200

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