



2021-2022 Programs at a Glance

All program registrants must also purchase a membership. Members under 16 must be part of a Family or Couple membership.

Note: Programs are conditional on available coaching / volunteers

Note: there is flexibility at both ends of age ranges, since skiers may fit better in a younger or older group.

Teen Skate AM programs run 10am-noon. Racing program start times vary.

WCP means Wesley Clover Parks

Program Name	Ages	Sessions	Location	Dates
Children's Learn to Ski programs (see program descriptions)				
Bunny Rabbit Saturday	4-6	Sat PM (1:45-2:45)	WCP	Jan 8 - Mar 12
Bunny Rabbit Sunday	4-6	Sun PM (1:45-2:45)	WCP	Jan 9 - Mar 13
Jackrabbit 1 – 4 Saturday	6-11	Sat PM (1:30-3:00)	WCP	Jan 8 - Mar 12
Jackrabbit 1 – 4 Sunday	6-11	Sun PM (1:30-3:00)	WCP	Jan 9 - Mar 13
Dynarabbit (new skiers)	9-13	Sat/Sun PM (1:30-3:00)	WCP	Jan 8/9 - Mar 12/13
Youth Recreational (completed Jackrabbit, Dynarabbit or equivalent)				
Teen Skate 1 (intro to skate)	11-16	Wed. evening, Sat. AM hikes; Sat AM on-snow	WCP and Region	Dryland Oct 23 (Sat AM); Ski Sat Jan 8; Wed PM Ski Jan 12
Teen Skate 2 (intermediate skate)	11-16	Wed. evening, Sat. AM hikes; Sat. AM on snow	WCP and Region	Dryland Oct 23 (Sat AM); Ski Sat Jan 8; Wed PM Ski Jan 12)
Teen Skate 3 (Advanced skate)	11-16	Wed. evening, Sat AM hikes; Sun AM on snow	WCP and Region	Dryland Oct 23 (Sat AM); Ski Sun Jan 9; Jan 12 (Wed PM)
Youth Racing (Skate and Classic Racing, some ski experience is required to try out for racing)				
U12/U14 program	DOB 2007-'10	Tues. & Thurs. PM; Sat. AM	WCP and Gatineau	Sept until end of March/snow
U16/U18+ Racers	DOB – > 2006	Tues. & Thurs. PM, Sat. AM, Sun. afternoon	WCP and Gatineau	Sept until end of March/snow
Adult Recreational (see program descriptions)				
Adult Novice Autumn Prepare for Ski	18+	Fall Sunday afternoons	Various	Sept-Nov (aimed for those joining LTS below)
Senior Fall Fitness	50+	Thursday 2:00 – 3:00 pm	Various	Sept-Nov
Adult Novice Classic Sat	16+	Sat. 1:30-3:00	WCP	Jan 8 - March 12 th
Adult Novice Skate	16+	Sat. 11:30-1:00	WCP	Jan 8 – March 12 th
Adult Novice Classic Sun	18+	Sun. afternoons	WCP	Jan. 9 – Mar 13 th
Adult Int. Classic	16+	Sat. 11:30-1:00	WCP	Jan 8 – Mar 12 th
Adult Int. Skate Sat	16+	Sat 3:00-4:30	WCP	Jan 8 – Mar 12 th
Adult Int. Skate Sun	16+	Sun 1:30 – 3:00 pm	WCP	Jan 9 – Mar 13 th
Adult Clinics	16+	TBD	WCP	TBD
Adult Touring	16+	Sat. morning	Gatineau	Jan 8 till melt
Para-Nordic	16+	TBD	Mooney's Bay	TBD