

Mooney's Bay 2012

Cross-Country Ski Centre Centre de ski de fond

Located at Mooney's Bay at the Terry Fox Athletic Facility, 2960 Riverside Drive at Ridgewood

- 5 km of lighted trails, groomed for skate and classic.
- Open 9 am-9 pm weekdays, and 9 am-5 pm weekends.
- Change rooms and washrooms available on-site.
- Free parking

Centre de ski de fond -Le Centre est situé au parc Mooney's Bay, à l'installation d'athlétisme Terry Fox.

- 5 km de sentiers éclairés et damés pour le style classique et le pas de patineur.
- Ouvert de 9 h à 21 h en semaine et de 9 h à 17 h la fin de semaine.
- Vestiaires et toilettes sur place.
- Stationnement gratuit

terryfoxathletic@ottawa.ca

ottawa.ca

City services
Services municipaux **3-1-1**
TTY/ATS 613-580-2401

Public Cross-country Skiing

- 5 km of trails groomed for skate and classic.
- Trails are lit on weeknights until 9 pm.
- Heated change rooms and washrooms.
- Free use of hot waxing irons, brushes and benches.
- Day Pass : \$2.65 , Season Pass : \$33
- Your fees help us offset the cost of grooming.
- Rentals available on-site (613-298-3775).

Cross-country Ski Lessons

- Beginner to Advanced;
- Classic and Skate Skiing;
- Weekdays, evenings and weekends.
- Adults, children and youth.

Hours and Location

- Mid-December to early March, weather permitting.
- 9 am-9 pm, Monday to Friday*.
- 9 am-5 pm, Saturday and Sunday*.
- 2960 Riverside Drive at Ridgewood.
- The ski centre is served by the following buses: 87, 111, 117

* Hours are subject to change without notice. Please check with the facility.

Important Information

- Before starting out on the trail, please pick up your pass at the facility's front desk. Your fees help us keep the trail groomed and well maintained.
- Dogs are not permitted in the park. Owners are subject to fines.

Centre de ski de fond accessible au public

- 5 km de sentiers damés pour le style classique et le pas de patineur.
- Les sentiers sont éclairés jusqu'à 21 h en semaine.
- Vestiaires et toilettes chauffés.
- Utilisation gratuite des farteurs à chaud, des brosses et des bancs.
- Laissez-passer quotidien : 2,65 \$
abonnement saisonnier : 33 \$
- Votre contribution nous aide à épargner les coûts d'entretien des sentiers.
- Locations disponibles (613-298-3775).

Cours de ski de fond

- Cours pour tous les niveaux, de débutant à avancé.
- Cours pour le style classique et le pas de patineur.
- Cours offerts en semaine, en soirée et la fin de semaine. Adultes, enfants et jeunes.

Heures et lieu

- De la mi-décembre au début de mars (selon les conditions climatiques).
- De 9 h à 21 h, du lundi au vendredi*.
- De 9 h à 17 h les samedis et dimanches*.
- 2960 promenade Riverside, angle Ridgewood.
- Le centre de ski est desservi par les autobus suivants : 87, 111, 117.
- *L'horaire peut être modifié sans préavis. Prière de vérifier auprès des responsables du centre.

Renseignements importants

- Avant de vous élaner sur les sentiers, passez prendre votre laissez-passer au comptoir du centre. Votre contribution nous aide à assurer le damage et l'entretien des sentiers de ski.
- Les chiens ne sont pas admis dans le parc. Les propriétaires de chiens qui contreviennent à cette règle s'exposent à une amende.

- Walking and snowshoeing are not permitted on the ski trails.
- Waxing supplies, and hot and cold drinks may be purchased at the front desk.

Trail Safety

- We recommend that you do not ski alone: A walkie-talkie can be borrowed from the front desk if you plan to ski alone.
- Watch for toboggans and snowboarders on the main hill.

Please contact us for more information at 613-247-4883, terryfoxathletic@ottawa.ca, or visit ottawa.ca under Recreation and Culture - Recreation Facilities

- Il est interdit de marcher et de faire de la raquette dans les sentiers de ski.
- On peut se procurer du matériel de fartage ainsi que des boissons chaudes et froides au comptoir du centre.

Sécurité sur les sentiers

- Nous vous recommandons de ne pas skier seul. Vous pouvez emprunter un émetteur-récepteur portatif (« walkie-talkie ») au comptoir si vous prévoyez skier seul.
- Faites attention aux personnes qui font du toboggan et de la planche à neige sur la côte principale.

Pour plus de renseignements, veuillez nous contacter au 613-247-4883, à terryfoxathletic@ottawa.ca, ou consulter le site Web ottawa.ca à la section Loisirs et culture - installation récréatives.

Information for Registrants

- Students enrolled for courses must read the ski school information letter available online at ottawa.ca on the Mooney's Bay Ski Centre page, or by emailing terryfoxathletic@ottawa.ca.
- If you are unsure about your level or your equipment needs, contact us directly at 613-247-4883 or terryfoxathletic@ottawa.ca.
- Classes may be postponed due to bad weather. This is not uncommon. Please keep your schedule open for 1-2 weeks after the scheduled end-date.
- If the course you want is full, add your name to the waiting list. Sometimes we can create new courses.
- You must provide your own waxing supplies. Our instructors will provide information on waxing techniques.

Information pour les personnes inscrites

- Les personnes inscrites dans les cours doivent lire la lettre d'information de l'École de ski qu'ils peuvent obtenir en ligne à l'adresse ottawa.ca sur la page du Centre de ski de la baie Mooney ou en envoyant un courriel à terryfoxathletic@ottawa.ca.
- Si vous êtes incertain de votre niveau d'habileté ou de vos besoins en équipement, veuillez communiquer avec nous en composant le 613-247-4883 ou terryfoxathletic@ottawa.ca.
- Il n'est pas inusité que les cours soient reportés en raison du mauvais temps. C'est pourquoi nous vous demandons de garder libres les périodes consacrées à vos cours pendant une semaine ou deux après la fin annoncée de ces cours.
- S'il n'y a plus de place dans le cours que vous désirez, veuillez ajouter votre nom à la liste d'attente. Nous pouvons parfois créer de nouveaux cours.
- Vous devez fournir vos propres farts. Nos instructeurs vous informeront sur les techniques de fartage.

FRESH AIR EXPERIENCE racing touring rentals bicycles children's clothing

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Ottawa
Terry Fox Athletic Facility • Installation d'athlétisme Terry-Fox
2960 Riverside Drive • 2960, Promenade Riverside
613-247-4883 • terryfoxathletic@ottawa.ca
Lessons available • Leçons disponibles

Classic trails (5.5 km)
Pistes, style classique (5,5 km)

Skate trails (4.5 km)
Pistes, pas de patinage (4,5 km)

Hill
Pente

▲ Daily pass: \$2.65
▲ Laissez-passer quotidien: 2,65 \$

▲ Season pass: \$33
▲ Laissez-passer de saison: 33 \$

1. Main Building - rentals, change rooms, wax rooms
Bâtiment principal - locations, vestiaires, salles de fart

2. North Building
Bâtiment Nord

TRAILHEAD & OTTAWA PADDLESHACK

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680 Bank Street 613-233-4820

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How to Register

Online: go to ottawa.ca and click on the 123 Go Register logo. (Visa or MasterCard)

Touch Tone Telephone: at 613-580-2588 (Visa or MasterCard)

In person: available at all Client Service Centres and designated Recreation facilities during regular hours of operations.

Modes d'inscription

En ligne : allez à ottawa.ca et cliquer sur le logo 123 On s'inscrit. (Visa au MasterCard)

Téléphone à clavier : Composer le (613)580-2588 (Visa au MasterCard)

En personne : Visitez un Centre du service à la clientèle ou une des installations de loisirs pendant les heures normales d'ouverture.

Group # _____
Personal # _____

ADULT SKATE-SKI LESSONS - ENGLISH

Adult (16+ yrs) Classic Level 1 (Introduction)

For those new to skiing or with limited experience on skis. We'll start from the basics, including how to get up when you fall. You'll learn the fundamentals of classic skiing, including diagonal stride, double poling, and climbing and descending hills, in a supportive environment for beginner skiers.

Weekly Classes - 5 classes, 10-student maximum - \$110

Mon	1-2:30 pm	Jan 9-Feb 6	656559
Wed	11am-12:30 pm	Jan 4-Feb 1	656570
Wed	6:15-7:45 pm	Jan 4-Feb 1	656574
Wed	8-9:30 pm	Jan 4-Feb 1	656575

Twice-weekly Classes – 5 classes, 10-student max. -\$110

Tue & Thu	11am-12:30 pm	Jan 3-17	656564
Tue & Thu	11am-12:30 pm	Jan 31-Feb 14	656567
Tue & Thu	6:15-7:45 pm	Jan 3-17	656568
Tue & Thu	6:15-7:45 pm	Jan 31-Feb 14	656569

Low-ratio Classes – 5 classes, 5-student max. - \$142.50

Smaller class size for increased individual attention per student.

Mon	6:15-7:45 pm	Jan 9-Feb 6	656581
Mon	8-9:30 pm	Jan 9-Feb 6	656584

Weekend Packages – 3 classes, 8-student max. - \$79.50

Early Package:		Late Package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat & Sun	10 am-noon	Sat & Sun	12:30-2:30 pm
Jan 6-8	656544	Jan 6-8	656537
Jan 13-15	656547	Jan 6-8	656541
Jan 20-22	656549	Jan 20-22	656538
Jan 27-29	656551	Jan 27-29	656539
Feb 17-19	656553	Feb 3-5	656540

Adult (16+ yrs) Classic Level 2 (Novice)

For those who can ski comfortably on flats and small hills. We'll cover the same material as in Level 1, but at a faster pace and more in-depth. Suitable for those who have completed a Level 1 or 2 course and wish to improve their skills. Also suitable for experienced classic or downhill skiers who have never taken a formal cross-country ski lesson before.

Weekly Classes – 5 classes, 10-student max. - \$110

Mon	11 am-12:30 pm	Jan 9-Feb 6	656608
Mon	6:15-7:45 pm	Jan 9-Feb 6	656610
Wed	6:15-7:45 pm	Jan 4-Feb 1	656619
Wed	8-9:30 pm	Jan 4-Feb 1	656620

Twice-weekly Classes – 5 classes, 10-student max. - \$110

Tue & Thu	11 am-12:30 pm	Jan 3-Jan 17	656612
Tue & Thu	11 am-12:30 pm	Jan 31-Feb 14	656614
Tue & Thu	6:15-7:45 pm	Jan 3-Jan 17	656617
Tue & Thu	6:15-7:45 pm	Jan 31-Feb 14	656618

Low-ratio Classes – 5 classes, 5-student max. - \$142.50

Smaller class size for increased individual attention per student.

Mon	6:15-7:45 pm	Jan 9-Feb 6	656628
Mon	8-9:30 pm	Jan 9-Feb 6	656625

Weekend Packages – 3 classes, 8-student max. - \$79.50

Early Package:		Late Package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat & Sun	10 am - noon	Sat & Sun	12:30-2:30 pm
Jan 6-8	656599	Jan 6-8	656592
Jan 13-15	656601	Jan 6-8	656593
Jan 20-22	656603	Jan 20-22	656594
Jan 27-29	656605	Jan 27-29	656595
		Feb 10-12	656597

Adult (16+ yrs) Classic Level 3 (Intermediate)

For skiers who have completed at least one Level 2 course, understand the concepts well, and are ready to move on to the next level. Ideal for preparing for the CSM or Keski. We'll help you refine the basic techniques, increase your power and speed, and maintain efficiency and control on more challenging terrain. We'll introduce one-step double pole, marathon skate and step-turns.

Weekly Classes – 5 classes, 8-student max. -\$132.25

Wed	6:15-7:45 pm	Jan 4-Feb 1	656664
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Twice-weekly Classes – 5 classes, 8-student max. -\$132.25

Tue & Thu	1-2:30 pm	Jan 3-17	656654
Tue & Thu	1-2:30 pm	Jan 31-Feb 14	656657
Tue & Thu	8-9:30 pm	Jan 3-17	656659
Tue & Thu	8-9:30 pm	Jan 31-Feb 14	656661

Weekend Packages – 3 classes, 8-student max. - \$79.50

Early Package:		Late Package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat & Sun	10 am-noon	Sat & Sun	12:30-2:30 pm
Feb 3-5	656645	Jan 6-8	656638
		Jan 20-22	656640

Adult (16+ yrs) Classic Level 4 (Advanced)

For skilled and experienced skiers who have completed at least one Level 3 course, understand the concepts well, and are ready to move on to the next level. Ideal for preparing for the CSM or Keski. We'll refine the skills developed in Level 3 through focused technical analysis, and concentrate on strength development and advanced hill work.

Weekly Classes – 5 classes, 6-student max. - \$137

Wed	8-9:30 pm	Jan 4-Feb 1	656678
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Twice-weekly Classes – 5 classes, 6-student max. -\$137

Tue & Thu	8-9:30 pm	Jan 3-17	656676
Tue & Thu	8-9:30 pm	Jan 31-Feb 14	656677

Weekend Packages – 3 classes, 8-student max. - \$79.50

Fri	6:15-7:45 pm		
Sat & Sun	10 am-noon		
Jan 13-15	656673		

ADULT SKATE-SKI LESSONS - ENGLISH

Skate-skiing is faster, but also more physically challenging than Classic skiing. Skate-skiing requires different equipment than Classic.

NEW! Adult (16+ yrs) Pre- Skate-Ski Level 1

For clients who would like a brief introduction to Skate-skiing to determine which course would be appropriate.

1 class, 10-student max. - \$25

Wed	6:15-7:45 pm	Jan 4	656748
Wed	6:15-7:45 pm	Jan 18	656749
Wed	6:15-7:45 pm	Feb 1	656750
Sun	3-4:30 pm	Jan 8	656754

Adult (16+ yrs) Skate-Ski Level 1 (Introduction)

For those new to skate-skiing or with limited experience. We'll start from the basics, developing proper stance, balance and co-ordination. You'll learn the fundamentals of skate-skiing, including one-skate, double poling, and climbing and descending hills, in a supportive environment for beginner skate-skiers.

Weekly Classes – 5 classes, 10-student max. - \$110

Mon	8-9:30 pm	Jan 9-Feb 6	656764
Wed	1-2:30pm	Jan 4-Feb 1	656767

Twice-weekly Classes – 5 classes, 10-student max. - \$110

Tue & Thu	6:15-7:45 pm	Jan 3-17	656765
Tue & Thu	6:15-7:45 pm	Jan 31-Feb 14	656766

Low-ratio Classes – 5 classes, 5-student max. - \$142.50

Smaller class size for increased individual attention per student

Wed	6:15-7:45 pm	Jan 4-Feb 1	656768
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Weekend Packages – 3 classes, 8-student max. - \$79.50

Early Package:		Late Package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat & Sun	10 am-noon	Sat & Sun	12:30-2:30 pm
Jan 6-8	656761	Jan 6-8	656759
Jan 20-22	656762	Jan 27-29	656760
		Feb 17-19	656763

Adult (16+ yrs) Skate-Ski Level 2 (Novice)

For those with previous skate-skiing experience who feel comfortable on their skis, and are seeking a solid foundation in skate technique. We'll cover the same material as in Level 1, but at a faster pace and more in-depth. Suitable for those who have completed a Level 1 or 2 skate course and wish to improve their skills. Also suitable for experienced downhill skiers and Level 3 or 4 classic skiers who wish to learn skate-skiing.

Weekly Classes – 5 classes, 10-student max. - \$110

Mon	8-9:30 pm	Jan 9-Feb 6	656782
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Twice-weekly Classes – 5 classes, 10-student max. -\$110

Tue & Thu	6:15-7:45 pm	Jan 3-17	656780
Tue & Thu	6:15-7:45 pm	Jan 31-Feb 14	656781

Low-ratio Classes – 5 classes, 5-student max. - \$142.50

Smaller class size for increased individual attention per student

Wed	6:15-7:45 pm	Jan 4-Feb 1	656784
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Weekend Packages – 3 classes, 8-student max. - \$79.50

Early Package:		Late Package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat & Sun	10 am-noon	Sat & Sun	12:30-2:30 pm
Jan 6-8	656777	Jan 6-8	656774
Jan 20-22	656778	Jan 27-29	656776
Feb 10-12	656779		



Adult (16+ yrs) Skate-Ski Level 3 (Intermediate)

For skiers who have completed at least one Level 2 skate course, understand the concepts well, and are ready to move on to the next level. Ideal for preparing for the Keski. We'll help you refine your one-skate, two-skate and offset, and increase your power and speed. We'll introduce Christie turns, and work to improve your efficiency and control on more challenging terrain.

Weekly Classes – 5 classes, 8-student max. - \$132.25

Mon	6:15-7:45 pm	Jan 9-Feb 6	656788
Wed	8-9:30 pm	Jan 4-Feb 1	656791

Twice-weekly Classes – 5 classes, 8-student max. - \$132.25

Tue & Thu	8-9:30 pm	Jan 3-17	656789
Tue & Thu	8-9:30 pm	Jan 31-Feb 14	656790

Weekend Package – 3 classes, 8-student max. - \$79.50

Fri	6:15-7:45 pm		
Sat & Sun	10am-noon		
Jan 6-8	656785		
Jan 13-15	656787		
Jan 27-29	656786		

Adult (16+ yrs) Skate-Ski Level 4 (Advanced)

For skilled and experienced skate-skiers who have completed at least one Level 3 course, understand the concepts well, and are ready to move on to the next level. Ideal for preparing for the Keski or other events. We'll refine the skills developed in Level 3 through focused technical analysis, and concentrate on strength development and advanced hill work.

Weekly Classes – 5 classes, 6-student max. - \$137

Mon	8-9:30 pm	Jan 9-Feb 6	656792
Wed	8-9:30 pm	Jan 4-Feb 1	656795

Twice-weekly Classes – 5 classes, 6-student max. - \$137

Tue & Thu	8-9:30 pm	Jan 3-17	656793
Tue & Thu	8-9:30 pm	Jan 31-Feb 14	656794

ADULT X-C SKI SPECIAL COURSES (ENGLISH)

Adult (16+ yrs) "Help with Hills" Classic

These 2.5-hour workshops focus specifically on improving your hill climbing and descent.

Help with Hills Level 2 (Novice)

Still unsure about going down on cross-country skis? This workshop is for level 2 classic skiers who are comfortable on hills. We'll help you get better at climbing up hills, and work to improve your control on the way back down. We'll focus on side-step, herringbone, snowplow and snowplow turns.

Half-day Workshop – 8-student max. - \$44.50

Sat	9-11:30 am	Jan 14	656715
Sat	12:30-3 pm	Jan 21	656711
Sun	9-11:30 am	Feb 5	656716
Sat	12:30-3 pm	Feb 11	656712

Help with Hills Level 3 (Intermediate)

Are you comfortable about going down small hills but wish you could tackle something more challenging? This workshop is for level 3 classic skiers who can already do a basic snowplow and want to learn more advanced hill techniques. Helpful for preparing for the CSM or Keski. We'll work on track changes, step turns, Christie (parallel) turns, and uphill diagonal stride.

Half-day Workshop – 8-student max. - \$44.50

Sat	9-11:30am	Jan 28	656719
Sun	12:30-3 pm	Feb 5	656718

Information Sessions

Learn about Equipment, clothing and waxing at our free information session.

Mon	6-8:30 pm	Jan 2	657123
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ski in the heart of the city

Walk out the Ski Shop door...
onto the ski trails!

Check out our
rental programs:

- Multi-day lesson rental
- Kids' seasonal rentals
- December pre-season sale
- Rent to own

613.298.3775



SKI CLUB

Free guided ski tours around our trails and a great opportunity to meet some fellow enthusiasts

Mon	6:30-7:30 pm	Jan 9-Feb 13	657119
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YOUTH SKI LESSONS - ENGLISH

Youth (15-18 yrs) Skate-Ski Level 1

For those new to skate skiing we'll cover, 1 skate, 2 skate as well as ascending and descending hills..

Weekly Classes – 5 classes, 8-student max. - \$79.50

Mon	4:45-5:45 pm	Jan 9-Feb 6	656771
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Weekend Package – 2 classes, 8-student max. - \$56

Sat & Sun	3:30-5 pm	Jan 14-15	656811
Sat & Sun	3:30-5 pm	Feb 11-12	656812

CHILDREN'S SKI LESSONS - ENGLISH

Children (6-14 yrs) Classic Level 1, 2, & 3

For beginner to intermediate skiers: children are divided into small groups based on ability during the first class. Children will learn/review the basics of classic skiing including diagonal stride, double poling, and climbing and descending hills. Learning is reinforced through activities, games and lots of skiing out in the park. Rental equipment available – call 613-298-3775

Classes – 5 classes, 8-student max. (6-9yrs) - \$74.75

Tue	4:45-5:45 pm	Jan 3-31	656704
Sat	12:30-1:30 pm	Jan 7-Feb 4	656685
Sat	2-3 pm	Jan 7-Feb 4	656687
Sun	12:30-1:30 pm	Jan 8-Feb 5	656688
Sun	2-3 pm	Jan 8-Feb 5	656690

Weekend Package – 2 classes, 8-student max. - \$56.

Sat & Sun	3:30-5 pm	Jan 7-8	656810
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