



Winter 2021

Sports and fitness classes and activities for all ages

Recreation eGuide

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Children

Visit us online at ottawa.ca/recreation.

Schedules and fees may be subject to change.
Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

Cross Country Ski – Classic – Level 1 and 2

Learn to classic ski or improve on the basics. Learn diagonal stride, double pole, hill climbing and descent.

Terry Fox - 613-247-4883

6-9 years	Sat.	12:30-1:30 pm
Jan 16-Feb 13	\$101.25	1588229
6-9 years	Sat.	12:45-1:45 pm
Jan 16-Feb 13	\$101.25	1588231
6-9 years	Sat.	2-3 pm
Jan 16-Feb 13	\$101.25	1588232
6-9 years	Sat.	2:15-3:15 pm
Jan 16-Feb 13	\$101.25	1588233
6-9 years	Sun.	12:30-1:30 pm
Jan 17-Feb 14	\$101.25	1588234
6-9 years	Sun.	12:45-1:45 pm
Jan 17-Feb 14	\$101.25	1588235
6-9 years	Sun.	2-3 pm
Jan 17-Feb 14	\$101.25	1588237
6-9 years	Sun.	2:15-3:15 pm
Jan 17-Feb 14	\$101.25	1588238
6-9 years	Tue.	4:45-5:45 pm

Jan 19-Feb 16	\$101.25	1588228
6-11 years	Sat.-Sun.	3:30-5 pm
Jan 16-17	\$60.75	1588239
Jan 30-31	\$60.75	1588241
Feb 13-14	\$60.75	1588242
10-14 years	Sat.	1:45-2:45 pm
Jan 16-Feb 13	\$101.25	1588277
10-14 years	Sun.	1:45-2:45 pm
Jan 17-Feb 14	\$101.25	1588280

Cross Country Ski – Classic – Level 3

Improve your basic classic-skiing technique. Including diagonal stride, hill technique and double poling. Previous instruction is recommended.

Terry Fox - 613-247-4883

8-14 years	Sat.	12:15-1:15 pm
Jan 16-Feb 13	\$101.25	1588322

Cross Country – Ski-Skate – Level 1

Requires special skate-ski equipment. Children learn the basics of skate-skiing: free skate, double poling, and offset. Reinforced through activities, games and skiing in the park.

Terry Fox - 613-247-4883

6-9 years	Sun.	3:30-4:30 pm
Jan 17-Feb 14	\$101.25	1588325
10-14 years	Sun.	3:30-4:30 pm
Jan 17-Feb 14	\$101.25	1588326

Adults

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Cross Country Ski – Classic – Help with Hills

Still unsure about going downhill on cross-country skis? Get better at climbing up hills, and work to improve your control on the way back down. Develop side-step, herring-bone, snowplow and snowplow turns.

Terry Fox - 613-247-4883

16+ years	Sat.	8:45-10:45 am
Jan 23	\$47.25	1588225
Feb 13	\$47.25	1588226

Cross Country Ski – Classic – Level 1

Learn or review the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment.

Terry Fox - 613-247-4883

16+ years	Mon.	1-2:30 pm
Jan 11-Feb 8	\$167.75	1588051
16+ years	Mon.	1:15-2:45 pm
Jan 11-Feb 8	\$167.75	1588052
16+ years	Tue., Thu.	11 am-12:30 pm
Jan 12-26	\$167.75	1588057
Feb 9-23	\$167.75	1588058
16+ years	Tue., Thu.	6-7:30 pm
Jan 12-26	\$167.75	1588059
Feb 9-23	\$167.75	1588062

16+ years	Tue., Thu.	6:15-7:45 pm
Jan 12-26	\$167.75	1588060
Feb 9-23	\$167.75	1588063
16+ years	Tue., Thu.	6:30-8 pm
Jan 12-26	\$167.75	1588061
16+ years	Wed.	11 am-12:30 pm
Jan 13-Feb 10	\$167.75	1588053
16+ years	Wed.	6:15-7:45 pm
Jan 13-Feb 10	\$167.75	1588054
16+ years	Fri.	6-7:30 pm
Jan 15-Feb 12	\$167.75	1588056
16+ years	Fri.	6:15-7:45 pm
Jan 15-Feb 12	\$167.75	1588055
16+ years	Sat.-Sun.	9-11 am
Jan 9-10	\$89.50	1588067
Jan 16-17	\$89.50	1588069
Jan 23-24	\$89.50	1588070
Jan 30-31	\$89.50	1588071
Feb 6-7	\$89.50	1588072
Feb 13-14	\$89.50	1588073
Feb 20-21	\$89.50	1588074
Feb 27-28	\$89.50	1588076
16+ years	Sat.-Sun.	9:15-11:15 am
Jan 9-10	\$89.50	1588068
Jan 16-17	\$89.50	1588077
Jan 23-24	\$89.50	1588078
Jan 30-31	\$89.50	1588079

Cross Country Ski – Classic – Level 1 – Low ratio

Learn the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment. Low ratio enables much more individual attention.

Terry Fox - 613-247-4883

16+ years	Mon.	6-7:30 pm
Jan 11-Feb 8	\$251.50	1588064
16+ years	Mon.	6:15-7:45 pm
Jan 11-Feb 8	\$251.50	1588065
16+ years	Tue., Thu.	6:45-8:15 pm
Jan 12-26	\$251.50	1588066

Cross Country Ski – Classic – Level 2

Develop a solid foundation in classic technique, starting from the basics. Level 1 material but covered at a faster pace and more in-depth. Must be comfortable on flats and small hills.

Terry Fox - 613-247-4883

16+ years	Mon.	3-4:30 pm
Jan 11-Feb 8	\$167.75	1588080
16+ years	Mon.	6:30-8 pm
Jan 11-Feb 8	\$167.75	1588081
16+ years	Tue., Thu.	11:15 am-12:45 pm
Jan 12-26	\$167.75	1588084
Feb 9-23	\$167.75	1588085
16+ years	Tue., Thu.	6:45-8:15 pm
Jan 12-26	\$167.75	1588086
16+ years	Tue., Thu.	7:45-9:15 pm
Feb 9-23	\$167.75	1588087
16+ years	Wed.	6:30-8 pm
Jan 13-Feb 10	\$167.75	1588082
16+ years	Wed.	6:45-8:15 pm
Jan 13-Feb 10	\$167.75	1588083
16+ years	Sat.-Sun.	9:15-11:15 am
Feb 13-14	\$89.50	1588092
16+ years	Sat.-Sun.	9:30-11:30 am
Jan 9-10	\$89.50	1588088
Jan 16-17	\$89.50	1588089
Jan 23-24	\$89.50	1588090
Jan 30-31	\$89.50	1588091

Cross Country Ski – Classic – Level 2 – Low ratio

Develop a solid foundation in classic technique, starting from the basics. Level 1 material but covered at a faster pace and more in-depth. Must be comfortable on flats and small hills. Low ratio enables individual attention.

Terry Fox - 613-247-4883

16+ years	Mon.	6:45-8:15 pm
Jan 11-Feb 8	\$251.50	1588097
16+ years	Fri.	6:45-8:15 pm
Jan 15-Feb 12	\$251.50	1588098

Adults

Cross Country Ski – Classic – Level 3

Refine the basic techniques, increase your power and speed, and learn to improve your efficiency and control on more challenging terrain. For skiers who have completed Level 2. Ideal for preparing for the CSM or Keski.

Terry Fox - 613-247-4883

16+ years	Tue., Thu.	8-9:30 pm
Jan 12-26	\$217.75	1588094
16+ years	Wed.	7:45-9:15 pm
Jan 13-Feb 10	\$217.75	1588093
16+ years	Tue., Thu.	6:45-8:15 pm
Feb 9-23	\$217.75	1588095
16+ years	Sat.-Sun.	9:15-11:15 am
Feb 20-21	\$116.25	1588096

Cross Country Ski – Classic – Level 4 – Low ratio

Refine your skills through focused technical analysis and concentrate on strength development and advanced hill work. For skiers who have completed Level 3.

Terry Fox - 613-247-4883

16+ years	Tue., Thu.	8:15-9:45 pm
Jan 12-26	\$251.50	1588103

Cross Country Ski – Classic – Refresher

Review technique - diagonal stride, double poling, and climbing and descending hills, in a cooperative environment.

Terry Fox - 613-247-4883

16+ years	Sat.	8:45-10:45 am
Jan 9	\$47.25	1588195
Feb 6	\$47.25	1588197

Cross Country Ski – Skate – Level 1

For those new to skate-skiing. Develop proper stance, balance and co-ordination. Learn the basics including one-skate, hill climbing and descent, and double poling, in a supportive environment for beginner skate-skiers.

Terry Fox - 613-247-4883

16+ years	Tue., Thu.	8:15-9:45 pm
Jan 12-26	\$167.75	1588118
16+ years	Wed.	1-2:30 pm
Jan 13-Feb 10	\$167.75	1588115
16+ years	Fri.	6:30-8 pm
Jan 15-Feb 12	\$167.75	1588116
16+ years	Sat.-Sun.	11:15 am-1:15 pm
Jan 16-17	\$89.50	1588121
Jan 23-24	\$89.50	1588125
Jan 30-31	\$89.50	1588127
16+ years	Sat.-Sun.	11:30 am-1:30 pm
Jan 9-10	\$89.50	1588120
16+ years	Tue., Thu.	8-9:30 pm
Feb 9-23	\$167.75	1588119
16+ years	Sat.-Sun.	9:15-11:15 am
Feb 6-7	\$89.50	1588128

Cross Country Ski – Skate Level 1 – Low ratio

For those new to skate-skiing. Develop proper stance, balance and co-ordination. Learn the basics including one-skate, hill climbing and descent, and double poling, in a supportive environment. Low ratio enables individual attention.

Terry Fox - 613-247-4883

15+ years	Wed.	8-9:30 pm
Jan 13-Feb 10	\$251.50	1588129
15+ years	Tue., Thu.	8:15-9:45 pm
Feb 9-23	\$251.50	1588130

Cross Country Ski – Skate Level 2

Develop a solid foundation in skate-ski technique. Level 1 material but covered at a faster pace and more in-depth.

Terry Fox - 613-247-4883

16+ years	Mon.	8-9:30 pm
Jan 11-Feb 8	\$167.75	1588132
16+ years	Sat.-Sun.	11:30 am-1:30 pm
Jan 16-17	\$89.50	1588140
16+ years	Sat.-Sun.	11:45 am-1:45 pm
Jan 9-10	\$89.50	1588138
16+ years	Tue., Thu.	8:15-9:45 pm
Feb 9-23	\$167.75	1588136
16+ years	Sat.-Sun.	9:30-11:30 am
Feb 6-7	\$89.50	1588144
Feb 13-14	\$89.50	1588147

Cross Country Ski – Skate – Level 3 – Low ratio

Refine your one-skate, two-skate and offset, and increase your power and speed. Improve your efficiency and control on more challenging terrain.

Terry Fox - 613-247-4883

16+ years	Mon.	8:15-9:45 pm
Jan 11-Feb 8	\$251.50	1588761
16+ years	Fri.	7:45-9:15 pm
Jan 15-Feb 12	\$251.50	1588762

Cross Country Ski – Skate – Level 4 – Low ratio

Refine your skills through focused technical analysis and concentrate on strength development and advanced hill work.

Terry Fox - 613-247-4883

16+ years	Mon.	8:15-9:45 pm
Jan 11-Feb 8	\$251.50	1588182

Adults

Cross Country Ski – Skate – Pre-Level 1

Understand the basic requirements for skate skiing. Key aspects of appraisal include balance, timing and agility. Instructors will suggest which introductory class best suits each skier.

Terry Fox - 613-247-4883

16+ years	Sat.	3-4:30 pm
Jan 10	\$33.75	1588111
Jan 24	\$33.75	1588112

Cross Country Ski – Skate – Refresher

Review technique - free skate, one skate, and climbing and descending hills, in a cooperative environment.

Terry Fox - 613-247-4883

16+ years	Sat.	8:45-10:45 am
Jan 16	\$47.25	1588222

Adults 50+

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Cross Country Ski – Classic – Level 1

Learn or review the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment.

Terry Fox - 613-247-4883

50+ years	Mon.	11 am-12:30 pm
Jan 11-Feb 8	\$167.75	1588043
50+years	Mon.	11:15 am-12:45 pm
Jan 11-Feb 8	\$167.75	1588044
50+ years	Wed.	6-7:30 pm
Jan 13-Feb 10	\$167.75	1588045

Drop-in activities

[Browse to see what drop-in activities are available.](#)