

## Club Membership

Membership supports club programs, covers insurance, and entitles you to join us for weekly night skiing, monthly full moon ski socials, excursions, and other events. We have a clubhouse in Arrowhead Park and members receive discounts at several local ski retailers.

*Please note that club membership fees are included in Jackrabbit and ARC program fees.*

Membership fees:

Adults - \$20

Youth (6 - 18) - \$10

Children under 6 - \$5



## Club Sign Up Day and Ski Swap

On Saturday, October 15th at Arrowhead Park 10 am to 2 pm.

Come sign up for all our programs, talk to our coaches and Jackrabbit coordinator and look for ski equipment. Marshmallow roast for the kids (weather permitting). Sign up early and reserve your place! (Drop off your used equipment at Algonquin Outfitters in Huntsville before Oct 14th.)



## Arrowhead Nordic Ski Club

The objectives of the Arrowhead Nordic Ski Club (ANSC) are to promote and develop the sport of Nordic skiing by encouraging the general public's participation, by coordinating children's, adult and racing programs and promoting professional development for coaches and instructors.



We ski and run our programs in **Arrowhead Provincial Park**, just 5 km north of Huntsville, Ontario. The park offers 22 km of beautiful groomed classic trails and 11 km of skate trails that

range from beginner to expert, as well as two heated shelters. After skiing, enjoy snowshoeing, tubing or skating. Rentals and trail passes are available at the park office.



## Arrowhead Nordic Ski Club

Ken Parsons, President, 788 2674

Cathie Raynor, Club Secretary, 789 0327

Kailey Richter, Jackrabbit Coordinator, 385 8721

Tracy Marshall, Head Club Coach, 788 3607

For more information, or to register online, go to [www.arrowheadnordic.ca](http://www.arrowheadnordic.ca)



Promoting cross country skiing in Muskoka

Registered with Cross Country Canada

[www.arrowheadnordic.ca](http://www.arrowheadnordic.ca)



Cross Country  
Skiing  
Program  
Information  
2011/2012

*Jackrabbits  
Racing Program  
Adult Programs  
Elementary School  
Races  
Muskoka Loppet  
Club Membership*

## Programs for all ages

Arrowhead Nordic provides programs for all ages and ability levels.

### Jackrabbits

Cross Country Canada's **Skill Development Program** provides three levels of skier development opportunities for children - Bunnyrabbits, Jackrabbits and Track Attack. The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment. Bunnyrabbits and Jackrabbits run for 8 Saturdays beginning January 7th and are taught by qualified instructors. Choose from morning or afternoon classes.

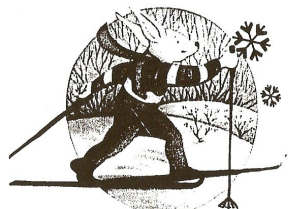
**Bunnyrabbit Program** (4-5 years) is designed to introduce cross-country skiing through organized activity and active play. Children make ski friends, develop

fundamental movement skills and have fun!

**Jackrabbits** (6-13 years) is designed to teach basic cross-country ski skills (both classic and skating), help

children develop confidence, provide children an opportunity to ski and socialize with their ski friends, instill a lifelong interest in the sport, and be fun.

**Each level includes** an enrolment kit, a



[www.arrowheadnordic.ca](http://www.arrowheadnordic.ca)

booklet that provides a comprehensive record of the young skier's ski career and award stickers to chart the different levels of achievement. Hot chocolate and cookies provided every week!

*Program early bird fee \$115; \$130 after Nov 15, 2011. Equipment may be rented from Arrowhead Park for a special rate of \$6 per session.*

*Financial assistance is available.*

### Junior ARC

(11 to 15 years) is designed for skiers wishing to race competitively and introduces skiers to dryland training and the use of roller skis. This program runs from late fall to end of the February and includes training camps and dryland training. *Program fee \$160.*

### Arrowhead Race Centre Team

The ARC program enables skiers to improve their fitness and skiing in order to compete in cross country ski racing. This group trains year round and includes weekly off-season training sessions, training camps and biweekly on-snow instruction. It is designed for athletes interested in racing at the Ontario Cup or Masters Cup levels, but is also suited to skiers wishing to compete in friendly loppets and younger athletes who are considering racing at higher levels but are not quite ready yet. Athletes have access to roller skis, classic skis, slider mats and roller boards. Coaching and waxing support is provided at O-Cup races. Ages 11 to adult.

*ARC fee is \$300*

### Adult Ski for Fitness!

This friendly, non-competitive class is for adults who want to improve their skiing and fitness at their own pace and level. (This is NOT a program for "hardbodies" only!) Choose from classic or skate instruction, or both. You'll also meet other skiers and have fun! Runs on Saturday afternoons. **\*New this year— Get ready for the ski seasons with a 2 class dryland training program Nov.19 & 26 –included with registration\***

**Ski for Fitness! Classic** - begins January 7 -4 sessions \$75

**Ski for Fitness! Skate** - begins February 4 - 4 sessions \$75

**Ski for Total Fitness!** - all 8 sessions \$140

*Club membership is required for insurance purposes.*

### Adult Beginner Lessons

This two hour group lesson is designed to get you skiing. Call for dates and pricing.

### Elementary School Races

We organize two cross country ski races each year for Muskoka area elementary school students, grades 1 to 8. Last year over 600 students participated! Volunteers are always needed for these events.

### Muskoka Coppet

Our annual 15 km and 30 km classic race is scheduled for **January 22, 2012**, at Arrowhead Provincial Park.

There is also a 5 km race for kids and all ages. Skiers come from Ontario and beyond. Get involved by participating or being a volunteer.

