

CROSS COUNTRY SKI LESSONS

During winter, the City of Ottawa's Terry Fox Athletic Facility is transformed into the Mooney's Bay Ski Centre. The ski centre offers 5 km of groomed and well-lit trails for classic and skate skiing, changing facilities, waxing room, and ski rentals.

The Mooney's Bay Ski Centre is located at Mooney's Bay, 2690 Riverside Drive.

The ski school offers lessons for children, youth, and adults from experienced and qualified instructors. Classes are for all abilities from beginner to advanced, and cover classic or skate skiing lessons. In addition, there are half-day workshops such as "Classic XC Refresher" and "Help with Hills." Lessons offered seven days a week with convenient day and evening options.

We have contacted the centre and they will, indeed, be running classes this winter. Details will be available late November on <http://join.ottawa.ca/act/644/winter/all/fac/244/>

XCZONE LESSONS

To improve your XC skiing, check out a free e-book about cross-country skiing techniques produced by XCZONE.TV (a locally-based organization):

<http://www.xczone.com/skitechniquephilosophy.pdf>