



2022/09/14

2025

Mooney's Bay Baie Mooney

Winter / Hiver

Cross-Country Ski Centre and School Centre et école de ski de fond



2960 Riverside
613-580-3575
terryfoxathletic@ottawa.ca

ottawa.ca 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 weekday use of hot waxing irons, brushes and benches
- Day Pass: \$4.05, Season Pass: \$41.00* (subject to change)
- Your fees help us offset the cost of grooming
- Rentals are available on-site – 613-298-3775
skirentals@lafleur.ca

Ski de fond public

- Cinq kilomètres de pistes entretenues pour le ski de fond de patin ou classique
- Pistes éclairées les soirs de semaine jusqu'à 21 h
- Vestiaires et toilettes chauffés
- Fers à farter, brosses et tables de fartage accessibles gratuitement en semaine
- Carte journalière : 4,05 \$; Carte de saison : 41 \$ * (sujet à changements)
- Ces frais nous aident à couvrir les frais d'entretien
- De l'équipement peut être loué sur place : 613-298-3775, skirentals@lafleur.ca

Cross-Country Ski Lessons

- Beginner to advanced
- Classic and skate skiing
- Weekdays, evenings and weekends
- Adults, children and youth
- Private group and one-on-one cross country ski instruction available. For more information or to book, email terryfoxathletic@ottawa.ca or call the centre at 613-580-3575.

Cours de ski de fond

- Débutant à avancé
- Ski de fond classique ou de patin
- En semaine, le soir et la fin de semaine
- Adultes, enfants et jeunes
- Possibilité de cours privés de ski : cours individuels ou pour un groupe particulier. Pour de plus amples renseignements ou pour réserver un cours, envoyez un courriel à terryfoxathletic@ottawa.ca ou communiquez avec le centre au 613-580-3575.

Please contact us for more information at 613-580-3575, terryfoxathletic@ottawa.ca, or visit ottawa.ca/recreation

Pour plus de renseignements, veuillez nous contacter au 613-580-3575, à terryfoxathletic@ottawa.ca, ou consulter le site Web ottawa.ca/loisirs

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 centre is served by the 90 bus route
- *Hours are subject to change without notice. Please check with the facility.

Heures et lieu

- De la mi-décembre au début de mars, si les conditions météorologiques le permettent
- De 9 h à 21 h, du lundi au vendredi*
- De 9 h à 17 h, le samedi et le dimanche*
- 2960, promenade Riverside (à la hauteur de l'avenue Ridgewood)
- Le centre est desservi par le circuit d'autobus 90
- *Les heures peuvent être modifiées sans préavis. Veuillez vérifier auprès de l'établissement.

Important Information

- Before starting out on the trail, please pay for your pass at the facility's front desk. Your fees help us keep the trails groomed and well maintained.
- Dogs are not permitted in the park. Owners are subject to fines.
- Walking and snowshoeing are not permitted on the ski trails.
- Waxing supplies, and hot drinks can be purchased at the front desk.

Renseignements importants

- Avant d'entamer un sentier, veuillez payer votre carte à la réception de l'établissement. Ces frais nous aident à assurer le bon entretien des pistes.
- Les chiens ne sont pas permis dans le parc. Les propriétaires sont passibles d'amendes.
- Il est interdit de parcourir les pistes de ski à pied ou à raquettes.
- Du matériel de fartage et des boissons chaudes peuvent être achetés à la réception.



Trail Safety

- We recommend that you do not ski alone.

Information for registrants

- If you are unsure about your level or your equipment needs, contact us directly at 613-580-3575 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. Spaces often become available.



Sécurité des sentiers

- Nous vous recommandons de ne pas skier seul.

Renseignements pour les inscriptions

- Si vous n'êtes pas sûr de votre niveau ou de vos besoins en équipement, communiquez directement avec nous au 613-580-3575 ou à l'adresse terryfoxathletic@ottawa.ca.
- Les cours peuvent être reportés en cas de mauvais temps; cette situation n'est pas rare. Veuillez donc prévoir du temps libre une à deux semaines après la date de fin prévue.
- Si le cours que vous souhaitez suivre est complet, ajoutez votre nom à la liste d'attente. Des places se libèrent souvent.



WE ARE PASSIONATE ABOUT XC SKI

FRESHAIEXP.COM SALES, SERVICE, RENTALS
1291 Wellington St. W. Between Island Park and Parkdale (613) 729-3002

Terry Fox Athletic Facility • Installation d'athlétisme Terry-Fox
2960 Riverside Drive • 2960, Promenade Riverside
613-580-3575 • terryfoxathletic@ottawa.ca
Lessons available • Leçons disponibles

- Classic trails (5 km)
Pistes, style classique (5 km)
- Skate trails (4.5 km)
Pistes, pas de patinage (4,5 km)
- Hill
Pente
- Pedestrian walkway

▲ Daily pass: \$4.05
▲ Laissez-passer quotidien: 4,05 \$
*subject to change

▲ Season pass: \$41
▲ Laissez-passer de saison: 41 \$
* sujets à changements

Ski in the heart of the city
Walk out the Ski Shop door... onto the ski trails!

Skiez au coeur de la Ville
Accédez aux sentiers... directement du Centre de location

Check out our rental programs:

- Multi-day lesson rental
- Group Rates available
- December pre-season sale

Informez-vous sur nos programmes de location :

- Location pour des sessions de cours multi-jours
- Tarifs de groupes
- Vente fin de saison

*Debit and credit only | Nous acceptons le paiement par débit ou crédit seulement

613-298-3775
lafleurskirentals.com

• XC Ski Sales and Service
• Bicycle Sales and Service
• 5 mins. from Mooney's Bay at Bank and Alta Vista

(613) 521-3791
2639B Alta Vista Drive, Ottawa
www.rebecandkroes.com

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Visit our website for more info & pricing: WWW.KUNSTADT.COM

Equipment is not included. Prior to your start date, please contact the rental shop at skirentals@lafleur.ca

Please contact us for more information at **613-580-3575**, terryfoxathletic@ottawa.ca or visit ottawa.ca/recreation

Pour plus de renseignements, veuillez nous contacter au **613-580-3575**, à terryfoxathletic@ottawa.ca, ou consulter le site Web ottawa.ca/loisirs

Adult X-C Ski Lessons 2025

Adult 50+ Classic Level 1 – \$162.88

For those who have never been on cross country skis. You learn the fundamentals of classic skiing starting with how to get up when you fall, diagonal stride, double poling, and climbing and descending hills in a supportive environment for beginner skiers.

Mon	11 am-12:30 pm	Jan 13-Feb 10	97449
Wed	6:15-7:45 pm	Jan 15-Feb 12	97442

Adult (16+ years) Classic Level 1

For those who have never been on cross country skis. You learn the fundamentals of classic skiing starting with how to get up when you fall, diagonal stride, double poling, and climbing and descending hills in a supportive environment for beginner skiers.

Weekly Classes – 5 classes, 10-student max. – \$162.88

Mon	1-2:30 pm	Jan 13-Feb 10	97329
Mon	11 am-12:30 pm	Jan 13-Feb 10	114210
Mon	6:15-7:45 pm	Jan 13-Feb 10	97338
Wed	11 am-12:30 pm	Jan 15-Feb 12	97340
Wed	8-9:30 pm	Jan 15-Feb 12	97351

Twice-weekly Classes – 5 classes, 10-student max. – \$162.88

Tue and Thu	11 am-12:30 pm	Jan 14-28	97354
Tue and Thu	11 am-12:30 pm	Feb 11-25	97362
Tue and Thu	6:15-7:45 pm	Jan 14-28	97356
Tue and Thu	8-9:30 pm	Jan 14-28	97359
Tue and Thu	8-9:30 pm	Jan 14-28	97360
Tue and Thu	6:15-7:45 pm	Feb 11-25	97363
Tue and Thu	8-9:30 pm	Feb 11-25	97367

Low-ratio Classes – 5 classes, 6-student max. – \$244.33

Smaller class size for increased individual attention per student.

Mon	6:15-7:45 pm	Jan 13-Feb 10	97453
Mon	8-9:30 pm	Jan 13-Feb 10	97457

Weekend Packages – 3 classes, 8-student max. – \$119.44

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 10-12	97399	Jan 10-12	97372
Jan 10-12 (#2)	97406	Jan 17-19	97375
Jan 17-19	97409	Jan 24-26	97381
Jan 17-19 (#2)	97411	Jan 31-Feb 2	97394
Jan 24-26	97415	Feb 7-9	97395
Jan 24-26 (#2)	114211	Feb 14-16	97397
Jan 31-Feb 2	97420		
Jan 31-Feb 2 (#2)	97423		
Feb 7-9	97427		
Feb 14-16	97428		



Adult (16+ years) Classic Level 2

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. – \$162.88

Mon	11 am-12:30 pm	Jan 13-Feb 10	97482
Mon	6:15-7:45 pm	Jan 13-Feb 10	97486
Mon	8-9:30 pm	Jan 13-Feb 10	97490
Wed	6:15-7:45 pm	Jan 15-Feb 12	97496
Wed	8-9:30 pm	Jan 15-Feb 12	97500

Twice-weekly Classes – 5 classes, 10-student max. – \$162.88

Tue and Thu	11 am-12:30 pm	Jan 14-28	97503
Tue and Thu	11 am-12:30 pm	Feb 11-25	114213
Tue and Thu	6:15-7:45 pm	Jan 14-28	97509
Tue and Thu	6:15-7:45 pm	Feb 11-25	114214
Tue and Thu	8-9:30 pm	Jan 14-28	114215

Low-ratio Classes – 5 classes, 6-student max. – \$244.33

Smaller class size for increased individual attention per student.

Mon	6:15-7:45 pm	Jan 13-Feb 10	97554
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Weekend Packages – 3 classes, 8-student max. – \$119.44

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 10-12	97515	Jan 10-12	97520
Jan 17-19	97516	Jan 17-19	97521
Jan 24-26	114212	Jan 24-26	97524
Jan 31-Feb 2	97517	Jan 31-Feb 2	97526
Feb 7-9	97518		
Feb 14-16	97519		

Adult (16+ years) Classic Level 3

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 Gatineau Loppet. 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. – \$211.50

Wed	6:15-7:45 pm	Jan 15–Feb 12	97568
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Weekend Packages – 3 classes, 8-student max. – \$155.10

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 31-Feb 2			97577

Adult Skate-Ski Lessons

Skate skiing is faster but also more physically challenging than Classic skiing requiring significant balance, core strength and endurance. Skate skiing requires different equipment than classic.

Adult (16+ years) Pre-Skate-Ski Level 1

For clients who would like an introduction to skate skiing, or have some experience and would like a refresher or to determine which level course to take, we recommend the pre-skate workshop.

1 Class, 10-student max. – \$32.58

Sun	3-4:30 pm	Jan 12	98900
Sun	3-4:30 pm	Jan 26	98901

Adult (16+ years) Skate-Ski Level 1

For those who are new to Skate Skiing or have limited experience. If you have no previous experience, we recommend our pre-skate workshop - see above. We start with the basics, including balance and control. You'll learn free skate, double poling and how to climb and descend small hills.

Weekly Classes – 5 classes, 10-student max. – \$162.88

Mon	8-9:30 pm	Jan 13-Feb 10	97742
Wed	1-2:30 pm	Jan 15-Feb 12	97744

Twice-weekly Classes – 5 classes, 10-student max. – \$162.88

Tue and Thu	6:15-7:45 pm	Jan 14-28	97778
Tue and Thu	6:15-7:45 pm	Feb 11-25	97782
Tue and Thu	8-9:30 pm	Feb 11-25	97784

Low-ratio Classes – 5 classes, 6-student max. – \$244.33

Smaller class size for increased individual attention per student.

Wed	6:15-7:45 pm	Jan 15-Feb 12	98937
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Weekend Packages – 3 classes, 8-student max. – \$119.44

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 10-12	97794	Jan 10-12	97820
Jan 17-19	97804	Jan 31-Feb 2	97824
Jan 24-26	97808	Feb 14-16	97828
Jan 31-Feb 2	97810		
Feb 7-9	97812		
Feb 14-16	97813		

Adult (16+ years) Skate-Ski Level 2

For those with previous skate-skiing experience who feel comfortable on their skis and are seeking a solid foundation in skate technique. Level 1 material, but covered at a faster pace and more in-depth and we'll introduce one-skate and offset.

Weekly Classes – 5 classes, 10-student max. – \$162.88

Mon	8-9:30 pm	Jan 13-Feb 10	114364
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Twice-weekly Classes – 5 classes, 10-student max. – \$162.88

Tue and Thu	6:15-7:45 pm	Jan 16-30	114362
Tue and Thu	6:15-7:45 pm	Feb 13-27	114363

Low-ratio Classes – 5 classes, 6-student max. – \$244.33

Smaller class size for increased individual attention per student.

Wed	8-9:30 pm	Jan 15-Feb 12	98896
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Weekend Packages – 3 classes, 8-student max. – \$119.44

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 10-12	98891	Jan 19-21	114216
Jan 17-19	114365	Jan 24-26	98895
Jan 24-26	98893	Feb 7-9	114217
Feb 14-16	98894	Feb 23-25	114218

Adult (16+ years) Skate-Ski Level 3

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 CSM or Gatineau Loppet. 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.

Twice Weekly Classes – 5 classes, 8-student max. – \$211.50

Tue and Thu	8-9:30 pm	Jan 16-30	114366
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Weekend Packages – 3 classes, 8-student max. – \$155.10

Early package:		Late package:	
Fri	6:15-7:45 pm	Fri	8-9:30 pm
Sat and Sun	10 am-noon	Sat and Sun	12:30-2:30 pm
Jan 24-26	98898		

Adult X-C Ski Special Courses

Adult Classic Refresher – 2-hour workshop 8-student max. – \$45.78

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

Sat	9-11 am	Jan 11	97598
Sat	9-11 am	Jan 25	97604

Adult Skate Refresher – 2-hour workshop 8-student max. – \$45.78

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

Sat	9-11 am	Jan 11	98903
Sat	9-11 am	Jan 28	114219



How to register

Online: visit ottawa.ca/recreation (Visa or Mastercard).

In person: at all Client Service Centres and designated City of Ottawa Recreation facilities during regular hours of operation.



Adult “Help with Hills” Classic workshop – 2-hours, 16 student-max. – \$45.78

These 2-hour workshops focus specifically on improving your hill climbing and descent.

Sat	9-11 am	Jan 18	97615
Sat	9-11 am	Feb 1	97621

Information Session - Free

Free cross country ski information session. Drop in and take a tour of our facility. Our knowledgeable instructors will be on-hand to answer all your questions. Learn about our programs, ski equipment and clothing.

Sat	1-3:30 pm	Dec 7	97728
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Children’s Ski Lessons

Children (6-14 years) Classic Level 1 and 2

These classes are suitable for children who are new to classic skiing or who have some experience but need to keep working on basics. Reinforced with skill building activities, games and skiing in the park.

Classes – 5 classes, 20-student max. (6-9 years) – \$110.93

Sat	noon-1 pm	Jan 18-Feb 15	97638
Sat	1:30-2:30 pm	Jan 18-Feb 15	97640
Sun	noon-1 pm	Jan 19-Feb 16	97631
Sun	noon-1 pm	Jan 19-Feb 16	97666
Tue	4:45-5:45 pm	Jan 14-Feb 11	97675



Modes d’inscription

En ligne : visitez à ottawa.ca/loisirs (Visa ou Mastercard).

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

Weekend Package – 2 classes, 20-student max. (6-14 years) – \$66.56

Sat and Sun	3-4:30 pm	Jan 18-19	97684
Sat and Sun	3-4:30 pm	Jan 25-26	97687
Sat and Sun	3-4:30 pm	Feb 1-2	97689
Sat and Sun	3-4:30 pm	Feb 15-16	97691

Classes – 5 classes, 10-student max. (10-14 years) – \$110.93

Sat	noon-1 pm	Jan 18-Feb 15	97703
Sat	1:30-2:30 pm	Jan 18-Feb 15	97715
Sun	noon-1 pm	Jan 19-Feb 16	97719
Sun	1:30-2:30 pm	Jan 19-Feb 16	97722

Children (8-14 yrs.) Classic Level 3

For children who have taken level 1&2 and have been told they are ready to move on to level 3.

Weekly Classes – 5 classes, 10-student max – \$110.93

For children who have completed our introduction.

Sat	noon-1 pm	Jan 18-Feb 15	97589
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Children (6-14 years) Skate-Ski 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.

Weekly Classes – 5 classes, 20-student max. (6-9 years) – \$110.93

Sun	3-4 pm	Jan 19-Feb 16	97837
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Weekly Classes – 5 classes, 10-student max. (10-14 years) – \$110.93

Sun	3-4 pm	Jan 19-Feb 16	97849
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Winter activities in your community
Activités hivernales dans votre communauté