

# CANADA OLYMPIC PARK

# SCHOOL PROGRAMS

NEW  
REDUCED  
PRICING



DISCOVER, DEVELOP, EXCEL

Incredible variety! World-class facilities! New challenges around every corner that will elevate both the heart rate and the brain power of your students!



Book your school program today!  
[winsportcanada.ca](http://winsportcanada.ca) | 403.202.6577

WinSport Canada is a not-for-profit organization and money spent at our facilities supports Canadian high-performance winter athletes through world-class training venues



## Did you know?

Canada Olympic Park offers recommended experiences for nearly every grade as outlined by Alberta Learning's Physical Education Program of Study General Outcome A.

From Grade 3 to PE 9 we offer a variety of programming to ensure each grade can meet their Alberta Learning recommended outdoor pursuit experience, which include:

- Gr. 3 snowshoeing
- Gr. 4 skating
- Gr. 5 cross-country skiing, orienteering
- Gr. 6 downhill skiing, hiking
- Gr. 7 orienteering
- Gr. 8 cross-country skiing, skating
- Gr. 9 hiking, wall-climbing

## Outdoor Education Program Curriculum Values

- Identify and demonstrate positive behaviours that show respect for self and others
- Analyze and create different ways to achieve an activity goal that is personally challenging – Do It Daily...for life!
- Communicate thoughts and feelings in an appropriate and respectful manner
- Assess fitness changes as a result of physical activity
- Discuss positive behaviours demonstrated by active living role models
- Develop and apply skills through experience in the dimensions of alternative environments

## Challenge Course Programs

School and youth development programs are based on the premise of experiential education – or learning by doing. Our programs help participants develop a sense of personal validation and assist them in surpassing their self-imposed limits. This occurs by providing a safe environment which creates an opportunity for learning physically, emotionally and interpersonally.

Intended for students 8 - 18 years of age (Grade 3 - 12). There are three different programs offered to students, each fostering the development of different skills and providing distinctive outcomes.

**Available: Year-round**  
(weather permitting)

**Monday thru Friday Sessions:**

**9:00 a.m. - 12:00 p.m.**

**1:00 p.m. - 4:00 p.m.**

Course elements include:

- 9 high ropes elements
- 24 low ropes elements
- 12 team initiatives



### The Explorers

Provides participants the opportunity to explore their personal limits, challenge themselves physically and emotionally and identify their personal boundaries while creating awareness of challenge by choice. This program involves team initiatives and low ropes.

### The Mountain Climbers

Provides participants a chance to overcome self-imposed limits and build self-confidence. Participants are encouraged to challenge themselves physically and emotionally to expand their own personal boundaries and grow their confidence. This program starts with an initiative activity and focuses more on the growth of low and high ropes.

### The Conquerors

Program develops the participants' interpersonal skills while focusing on personal growth and development through challenge by choice. This program starts with initiative and low rope activities and then focuses more on the high rope pods.

### Portable Challenge Course

Can't make it to the Park? We'll bring it to you! With many of the same low ropes and team initiative elements as our Challenge Course at the Park, this course can be set up in your gymnasium or large classroom. An Outdoor Education Centre staff member will provide everything your school group will need for a great day.

**Available: Year-round**

**Grades: 3 - 12**

**Cost: Contact our Outdoor Education Centre to inquire about pricing and session options.**

# Mountain Bike Programs

**Available: May, June, September and October**  
**Monday thru Friday**  
**Grades: 5 - 12**



## Intro to Freeriding Mountain Biking

**2.5 hour Program**

**Program Dates: May, June, September**  
**Grades: 6 - 12**

This program is designed to introduce students to the sport of mountain biking. In a safe, controlled environment, Canada Olympic Park instructors will lead your group through the basic progression of proper bike position, pressure control, braking, pedal position and terrain choice. Terrain use is split between the cross country trails in the Eastlands and lift assisted trails (Bobsleigh track trail and Strawberry shortcake)



## Mountain Bike Freeriding Progression

**2.5 hour Program**

**Program Dates: May, June, September**  
**Grades: 6 - 12**

Expose your students to one of the fastest growing adventure sports in North America. This program is guaranteed to put a smile on the faces of all your students regardless of ability or mountain bike riding experience. Our experienced instructors will safely teach all mountain bike skills using Canada Olympic Park's Progression Manual designed by top riders at the Park. Terrain focus is on our extensive lift assisted trails designed by Gravity Logic

## Cross Country Mountain Biking

**2.0 hour Program**

**Program Dates: May, June, September, October**  
**Grades: 5 - 12**

Spend the morning exploring our endless cross-country single track trails in the beautiful Eastlands. Learn skills such as gearing, braking, climbing and obstacle avoidance. There are trails to cater to all riding abilities and experience levels. This program includes a one-hour lesson and one hour of guided riding.

## Mobile Bike School Intro to Mountain Bike Program

**1.0 hour Program**

**Program Dates: May, June, August, September, October**  
**Grades: 5 to 12**

**Participants: max 35 per hour**

Leave the driving to us! Our new Mobile Bike School will provide everything you need to introduce your students to the sport of mountain biking. And the best part is that it comes right to you! Our experienced and friendly mountain bike staff will come equipped with KONA Groove Approved rental bikes, helmets and mountain bike skill features. The only requirement from your school is that you provide a standard sized football/soccer field or an equivalent sized space. This great school price works out to as low as \$10 per student!

Program includes: 1 hour COP MTB Progression lesson (3 instructors)  
Kona Groove Approved rental bikes  
CSA approved helmets

**Please Note:** Program can be tailored to your specific school requirements. Additional charge of \$0.50/km for schools outside of Calgary city limits

# Geo Programs

**2.0 hour Program**

**Available: Monday thru Friday, Year-round**  
**Grades: 6 - 12**

**Participants: max 36 per session**

## Geocaching

Geocaching is an outdoor treasure-hunting game in which participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world. At COP, the hunt takes place in our Eastlands, otherwise known as "Calgary's backyard". The area features walking paths, ponds, trees and grassland. A great way to enjoy the outdoors while learning a new skill played throughout the world! A minimum of six participants are required, limit of 36.

Our team of specialists can assist in tailoring a custom-made geocaching experience relating to your class curriculum.

## Geo-Challenge

Geocaching with a twist! We have combined this exciting program with our Challenge Course to push participants to the limit, both physically and mentally. Equipped with GPS devices, teams will find hidden locations where they must complete a physical challenge in order to obtain their next coordinate.

## Trivia Challenge

**1.5 hour Program**

**Available: Year-round**  
**Grades: 6 - 12**

**Participants: max 80 per session**

NEW! Challenge your students to a race around Canada Olympic Park. This program will test not only the speed and accuracy of deciphering directions but the mental speed of answering trivia questions along the way. Are you up for the challenge?

In groups, participants will navigate their way around the Park looking for answers to Olympic trivia questions. Clues can be found in the main Daylodge, around the Park, Ice House, Bobsleigh Track as well as our new Athlete and Ice Complex.

Groups are awarded points based on how fast they can complete the challenge as well as how many trivia questions they answer correctly.

**Please Note:** Chairlift ride can be added dependant on time of year. This program can incorporate the use of GPS units for groups up to 50 participants.

**Please contact our Outdoor Education Centre for available dates and times**

# Activities



## Zipline

**Available:** May - October

**Minimum age:** 6 yrs

**Weight:** 70 - 250 lbs (32 - 115 kg)

Zipline at the Park is one of North America's fastest ziplines. Emulate a ski jumper as you get harnessed in and ride a cable from the ski jump tower to the base of the hill, for some exhilarating fun. Rates include instruction, shuttle ride and zipline ride.

### Option 1

Full experience (includes Trainer Line, Plaza Line and Monster Line)

Grades: 11-12

Weight: 70-250 lbs (32-115kg)

### Option 2

Trainer Line and Plaza Line

Grades: 3-12

Weight: 70-250 lbs (32-115kg)

## Mini Golf

**Available:** May, June & September

**Grades:** 1 - 12

With a beautiful view of the mountains in the distance, enjoy a scenic round of mini-golf on Canada Olympic Park's professionally designed outdoor 18-hole course. Students play in teams of four to complete their round. Come find out who will take bragging rights back to the classroom.

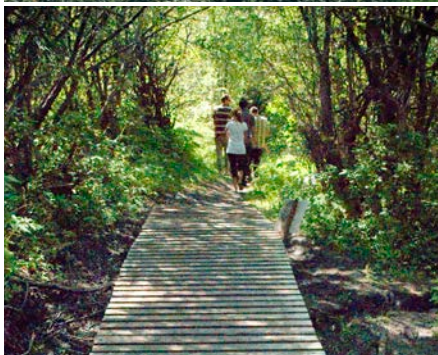
## Athlete Speaker

Development athletes, national athletes and Olympic team athletes are available to your group for presentations on their challenges and successes as they discuss their Olympic sport and journey to achieving excellence.

**Available:** Year-round

**Grades:** 1 - 12

**Cost:** Contact the Outdoor Education Centre to inquire about pricing.



## Design Your Own Adventure

Just like a delicious buffet, work with our Outdoor Education Centre to create a program tailored to your specific school requirements. How about an ice skating session in the morning and then experience ski and snowboard lessons in the afternoon? Team building more your style, then why not combine a morning on the challenge course with an afternoon of mountain biking in the Eastlands? The options are endless!

Contact the Outdoor Education Centre for dates, times and costing

## Eastlands at the Park

### Teacher Tour

**Available:** Year-round

**Grades:** 1 - 12

**Cost:** FREE

Did you know Canada Olympic Park has a wetlands area located on the property? Did you know one of Alberta's largest archeological digs took place right here at the Park? Join us to see how science, history, social studies, outdoor and health educators are taking advantage of COP's learning environment. Several times a year, we invite educators to experience the Eastlands and see what our environment has to offer as a supplement to your curriculum. After the tour – you will have the tools to take your class on a walk through this hidden gem.

### Eastland Student Adventure

**Available:** Year-round

**Grades:** 1 - 12

This is a self-guided adventure for teachers who have taken the Teacher Tour of the Eastlands at the Park. The program will allow teachers to tailor the tour according to the learning objectives best suited for each class. School groups can enjoy a morning or afternoon in the outdoors. Please note: Educator must complete the Teacher Tour prior to bringing a group to experience the adventure.

## Winter School Programs

### Option 1: Ski and Ride Centre Grades: 1 - 12

Unlike traditional ski and snowboard lessons, our unique Ski and Ride Centre allows your students to develop skills at their own pace in a fun and controlled environment. Each of the three stages progress into the next, giving all students a sense of accomplishment while building specific skills. For beginner skiers and riders, this is a great way to get started in a pressure free, fun environment. The Ski and Ride Centre is open Monday - Friday, 9:30 a.m. - 3:30 p.m. Students may stay as long as they wish at each station. Once a student has been successful at each stage, their passport will be punched to allow them to proceed to the next stage.

### Option 2: School Group Lessons: Grades ECS -12

Register your school group in a 1 hour group lesson with one of our certified ski or snowboard instructors. Group lessons can be tailored to meet your specific needs and requirements. Our flexible scheduling allows you to choose one, two or three lesson time options per day. Your students will be placed in similar ability groups (your school only) using a 1:10 instructor to student ratio.

### ECS & Kindergarten Program: Ages 3 - 5

At Canada Olympic Park, we have not forgotten the little rippers! Our ECS program runs every Monday, Wednesday and Friday with three lesson times from 9:15 a.m. - 10:15 a.m., 12:00 p.m. - 1:00 p.m. and 1:15 p.m. - 2:15 p.m. and Tuesdays and Thursdays 9:15 a.m. - 10:15 a.m. and 2:30 p.m. to 3:30 p.m. With the addition of our new learning area and four easy-to-access Magic Carpet lifts, the students will be skiing or snowboarding down the hill with confidence in no time. Our new progressive sticker system will give all of our ECS students one more reason to smile. The little rippers will receive a one-hour group lesson (four students to one instructor or five students to one instructor plus one helper) in our new First Turns Ski and Ride Centre. Students will be greeted by one of our friendly ski professionals and organized into groups based on ability levels.

### Snowshoeing: Grades 5 -12

#### 2.0 hr program

#### Program Dates: December - March (weather permitting)

Snowshoeing provides an opportunity to enjoy the outdoors in an active and fun way regardless of age or physical ability. Let COP staff engage students in a series of activities followed by an interactive hike where they will learn some of the techniques, history, design and safety around this growing sport.



### Nordic Program Grades: K-12

Experience our extensive cross-country trails without having to leave the city limits. Our cross-country ski area consists of one 2.2 kilometre loop and two 400 metre beginner loops with night lighting. Take a lesson from one of our experienced and knowledgeable Nordic instructors, who teach skills such as skate or classic style skiing, side stepping and diagonal stride sliding. Our rental shop has the right equipment to get you and your students out on the snow. Our skate or classic lessons run every hour on the hour, from 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m., Monday - Friday. Please feel welcome to work with one of our highly trained and certified Nordic instructors to tailor a lesson to your specific needs. Once your group is properly equipped with their gear, your Canada Olympic Park Nordic professional will lead your group to our cross-country area.

### Winter Cross Country Cruiser Package Grades: K-12

#### Dates: December to March

#### What is included: • 4 x 2 hour sessions • Full rental gear • 4 x 4 hour XC hill pass

Cross Country skiing has long been considered one of the most healthy and beneficial sports for students. It can be enjoyed by students of all ages and fitness levels. **Did you also know that Cross Country is a recommended outdoor experience by Alberta Learning's Physical Education Program.**

Students will be equipped with rental skis, boots and poles. Participants will experience 1 hour of instruction with 1 hour of practical practice time to gain mileage of their new skills during each session. Call today to book your class into this great new program!



## School Skating Program COP's Newest Program!

### Grades: K-12

#### 1.0 hour Program

#### Program Dates: September - April

#### Call for available dates.

This program is designed to give students the opportunity to explore and improve their skating abilities. With the help of our friendly and trained staff, students will develop skating skills (such as forwards and backwards skating, turning and stopping) at their own pace in a safe environment using state of the art equipment and facilities. Each of the three levels progress into the next giving all students a chance to succeed and gain a sense of accomplishment. Develop a passion for a true Canadian sport on the same ice as present and future NHL and Olympic stars.

Ice rental also available. Contact the Outdoor Education Centre to inquire about available dates and times.

## After School Programs

Just because class is dismissed doesn't mean the adventure should stop for your students. All of our regular school programs can run outside of regular school hours (i.e. evenings, weekends) Simply contact the Outdoor Education Centre and ask about available dates and times.

Back Again for 2011! After School Ski & Snowboard Group Lessons! Two convenient time slots to choose from.

### Night Riders Skiing or Snowboarding

Ages 6 to 15, all abilities

A great option for clubs, groups and after school programs. Simply choose a week night that works best for your group and whether you want a two or three week option.

Night Rider lessons are booked through Guest Services (403.247.5452) or online ([www.winsportcanada.ca](http://www.winsportcanada.ca))

# Outdoor Education Program Fees

## Mountain Bike

### Regular Season Weekday Rates (May - June & September)

#### Intro to Freeriding Mountain Biking – grades 6-12

hill ticket & lesson	\$15 per student per day
Rental (2.5 hours includes KONA bike and helmet)	\$15 per student per day
Padding (shin,arm)	\$ 5 per student per day

#### Mountain Bike Freeriding Progression – grades 6-12

hill ticket & lesson	\$16 per student per day
Rental (2.5 hours includes KONA bike and helmet)	\$15 per student per day
Padding (shin,arm)	\$ 5 per student per day

#### Cross Country Mountain Biking – grades 5-12

hill ticket & lesson	\$14 per student per day
Rental (2.0 hours includes KONA bike and helmet)	\$15 per student per day
Padding (shin,arm)	\$ 5 per student per day

#### Mobile Bike School – grades 5-12

Full Package	\$350 per hour
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## Eastlands Adventure

Teacher Tour .....	Free
Student Adventure .....	\$50 per group

## Activities

Zipline Option 1	
0 – 11 participants .....	\$55 per student
12 and up .....	\$45 per student
Zipline Option 2 .....	\$35 per student
Mini Golf .....	\$7 per student
Lunch Program .....	\$8.50 per student
Athlete Speaker .....	TBD

## Geo-Programs

Geocaching Programs.....	\$12 per student
Geo-Challenge .....	\$18 per student
Trivia Challenge .....	\$15 per student

## Facility Use

Has your school outgrown your gymnasium and field space? Are you getting tired of running the same events at the annual Sport and Field Day? Let Canada Olympic Park facilitate your next big school adventure day or simply use our facilities and equipment in a safe and controlled environment.

## Winter Programs

### (per student per visit)

	Lift & Lesson	Full Rental
Ski & Ride Centre (Grades 1 - 12)	\$14 (one visit) \$12 (two or more visits)	\$10 (one visit) \$8 (two or more visits)
ECS & Kindergarten (Ages 3 - 5)	\$20	\$10
Group Lessons \$175 per instructor (1:10 ratio) (does not include rentals)		
Nordic	\$14	\$7
Nordic Crusier	\$60 per student	
Snowshoeing	\$15	Included with lesson

## School Skating at COP

### Option 1 (1hr lesson, rentals, transportation)

0 - 24 participants.....	\$240
25 - 30 participants.....	\$10/each

### Option 2 (1hr lesson, rentals)

0 - 17 participants.....	\$170
18 - 30 participants .....	\$ 9.50/each

Ice rental (rentals and ice marshals additional charge)..... \$88/hour

## Challenge Course

The Explorers.....	\$25 per student
The Mountain Climbers.....	\$25 per student
The Conquerors .....	\$25 per student
Portable Challenge 0.50c/km mileage out of city limits	
0 – 50 participants .....	\$500
51 – 100 participants .....	\$ 9/each
101 – 200 participants .....	\$ 8/each
200 and up .....	\$ 6/each

All listed prices are subject to change; prices include 5% GST where applicable.

## AT COP WE BELIEVE **NO SCHOOL SHOULD BE LEFT BEHIND!**

Ask about our price subsidy program.

## Lunch

Worried about what your students are going to eat for lunch? Let Canada Olympic Park ease your pain. Choose from one of our many healthy and nutritious options starting at very low rates. Call our Outdoor Education Centre to build a lunch program that will suit your schools needs. Ask about our Lunch Box Bursary Program where no student is left hungry!

## How to book your school group:

Contact the Canada Olympic School Department to schedule a date for your class or off-site activity day.

- Three ways you can request your booking:**
1. Through the online booking [request form](#)
  2. Phone the Outdoor Education School Department 403.202.6577
  3. Email the Outdoor Education School Department [groups@winsportcanada.ca](mailto:groups@winsportcanada.ca)

### Please have the following information ready:

- School Name
- School Address
- School phone number
- School email
- Organizer Name
- Program you wish to book
- Date(s) requested
- Grade(s) of participants
- Number of participants
- Time of arrival /departure

Once you have sent your request into our Outdoor Education School Department, we will contact you to confirm your booking via email.

## Cancellation Policy

Any booking cancellations made less than 72 hours prior to the scheduled program date will incur a \$50 cancellation fee.