

**Winter 2009 - 2010**



**Lake Metroparks  
Chapin Forest Reservation  
Pine Lodge Ski Center  
10381 Hobart Road, Kirtland  
440-256-3810**

**Ski Conditions: 440-954-4178**

# **Cross-country Skiing & Programs**



**LAKEMETROPARKS**



**Lake County Probate Judge  
Ted Klammer**

**Board of Park Commissioners**  
Ellen Foley Kessler • Mark P. Oesterle • Frank J. Polivka  
**Executive Director Stephen W. Madewell**

Lake Metroparks does not discriminate on the basis of race, color, religion, gender, age, nationality or disability in employment, services, programs, or activities. Should special assistance be required in visiting facilities and/or participating in programs or activities of Lake Metroparks, please call 1-800-669-9226 at least 48 hours in advance.

## ADULTS

### Classic Cross-country Ski Lessons 101 (Beginner level)

Ages 11 and older (younger than 18 with adult)  
Fee: \$15 (with ski rental), \$10 (without ski rental)  
Learn how to fall down and get up, glide, stride, stop, turn and use your poles. If rental equipment is needed, please state gender, shoe size and height when registering. Participants should arrive 15 minutes prior to class time to "boot up." Before leaving home, call 440-954-4178 to confirm class and snow conditions. All lessons take place at Chapin Forest Pine Lodge.  
Min 6, max 15

<u>Saturdays, 9 to 10:30 am:</u>	<u>Sundays, 9 to 10:30 am:</u>
January 2, 2010	January 3, 2010
January 9, 2010	January 10, 2010
January 16, 2010	January 17, 2010
January 30, 2010	January 31, 2010
February 6, 2010	February 7, 2010
February 13, 2010	February 14, 2010
February 27, 2010	February 28, 2010

### Skate Ski Lessons 101 (Beginner level)

Ages 12 and older  
Fee: \$15 (includes ski rental), \$10 (without ski rental)  
Learn the basics of skate skiing with plenty of on-the-snow practice. Learn about equipment, body positions, poling, V1 and V2 techniques. A limited amount of equipment is available. All lessons take place at Chapin Forest Pine Lodge. Min 2, max 8

<u>Saturdays, 9 to 10:30 am:</u>	<u>Sundays, 9 to 10:30 am:</u>
January 2, 2010	January 3, 2010
January 9, 2010	January 10, 2010
January 16, 2010	January 17, 2010
January 30, 2010	January 31, 2010
February 6, 2010	February 7, 2010
February 13, 2010	February 14, 2010
February 27, 2010	February 28, 2010



### Cross-country Ski Series

Ages 12 and older, Four 90-minute sessions  
Fee: \$40 (with ski rental), \$30 (without ski rental)  
This four-week progressive class starts with the basics and advances each week to the next level of cross-country skiing. Final week will be skate skiing! Class meets January 12, 19, 26 and February 2. Min 6, max 15  
Tuesday, January 12, 2010, 6 to 7:30 pm, CF-West

### Moonlight Skiing in the Parks 101

Ages 15 and older  
Fee: \$7 (with ski rental), \$4 (without ski rental)  
This is night skiing at its best! Come out at night as we head out to the trail and hope to get a glimpse of the moon. State shoe size and height when registering. Skis provided on location.  
Min 5, max 15  
Friday, January 29, 2010, 6 to 7:30 pm, CF-West

### Valentine Cross-country Skiing Excursion

Ages 16 and older  
Fee: \$15 (with ski rental), \$5 (without ski rental)  
Come enjoy a night-time cross-country ski tour of Chapin Forest and see the forest light up in the evening. We will return to enjoy Valentine snacks. Min 6, max 20  
Friday, February 12, 2010, 6 to 8 pm, CF-West

### Skiing and Snowshoeing

**101 Classes – No experience necessary**  
**201 Classes – Prior experience needed**  
**301 Classes – Must be able to handle a variety of terrain**

Visit our website at  
[lakemetroparks.com](http://lakemetroparks.com)

### Potluck Breakfast Ski / Run

Ages 16 and older, FREE  
Join us for an overlook ski and/or run. Distance to overlook (plus trails) and back is approximately a 5K. A potluck breakfast will be served afterwards. Please bring a dish to share or a \$5 donation.  
Min 5, max 30

#### Tuesdays, 7:30 to 8:30 am, CF-West:

January 5, 2010	February 2, 2010
January 12, 2010	February 9, 2010
January 19, 2010	February 16, 2010
January 26, 2010	February 23, 2010

### Trail Run / Ski the Parks

Ages 13 and older  
Fee: \$5 per session (without ski rental), \$10 per session (with ski rental), \$2.50 multiple sessions (without ski rental), \$7.50 multiple sessions (with ski rental)  
Start off running, skiing or snowshoeing. Each week the weather will dictate what we are doing. Skiing, snowshoeing or running for social fun and fitness. What have you got to lose? Snacks included. Min 8, max 25

#### Wednesdays, 7 to 8:30 pm, CF-West:

January 6, 2010	February 3, 2010
January 20, 2010	February 17, 2010



### Buckeye Trail Ski the Parks

Ages 13 and older  
Fee: \$15 per session, \$10 multi-session rate (each week)  
Each session will be a ski or hike at different Lake Metroparks locations that have the Buckeye Trail running through them. We will use that for our trail and journey out and back. Snacks included. Min 8, max 25

#### Wednesdays, 7 to 8:30 pm:

January 13, 2010, CF-West  
January 27, 2010, GR-South  
February 10, 2010, GR-South  
February 24, 2010, GW – Rt. 84 & Liberty Street

## ADVENTURES FOR WOMEN

### Women's Morning Snowshoe 101

Ages 16 and older  
Fee: \$7 (with snowshoe rental), \$4 (without rental)  
Snowshoeing is for everyone. We will teach you all you need to know to enjoy the fun and healthy benefits of snowshoeing. Lesson and guided trail hike included. Come out and have fun in the snow! Min 5, max 10.

Wednesday, January 20, 2010, 9:30 to 11 am, CF-West

For more information, or to register for any of these programs, please call 440-358-7275 or 1-800-669-9226 or register online at [lakemetroparks.com](http://lakemetroparks.com)

Please call 440-954-4178 for current ski conditions.



# Ohio Championship Nordic Flurry Cross-country Ski Race

**Saturday, January 23, 2010**

**Ages 13 and older**

Pre-registered: \$12.00

Same Day Registration: \$15.00

5K & 10K Combined pre-reg.: \$17.00

5K & 10K Combined same day reg.: \$20.00

Children's 2K (ages 12 & younger) pre-reg.: \$5.00

Children's 2K same day reg.: \$7.00

*(pre-registrations accepted until noon January 21)*

Race on groomed ski trails at Chapin Forest. Medals will be awarded to the winners (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) in each category. Categories based on registration. Course will be modified to snow depth.

5K Classic begins 9 am 10K begins 10 am

2K Children's Race begins immediately following 10K

Racer chooses style – Classic or Skate

*No snow date: Sunday, February 20, 2010*

For information contact Brian Davidson at 440-256-2110 or [bdavidson@lakemetroparks.com](mailto:bdavidson@lakemetroparks.com).



## **ADAPTED RECREATION**

*(Program designed for individuals with disabilities)*

### **Winter Ski and Wing Night**

Ages 12 and older, Fee: \$8

Let's enjoy our winter by getting out and skiing in the park. This is a sport everyone can enjoy.

We'll end the evening with tasty wings!

Min 5, max 10

Thursday, January 14, 2010, 6 to 7:30 pm

CF-West

### **Adapted Sledding & X-C Ski**

Ages 5 and older, Fee: \$5

Join us as we sled on a small hill and cross-country ski in an open field. We'll return to the cozy lodge for hot chocolate. Bring your own sled or try one of ours. Min 6, max 12

Saturday, January 30, 2010, 11 am to noon, CF-West

### **Evening Snowshoe Hike & S'mores**

Ages 12 and older, Fee: \$6

Come out and try the safe sport of snowshoeing. If you can walk, you can snowshoe! This is a sport that helps you get out and enjoy the winter. We'll enjoy s'mores after our hike. Min 5, max 10

Thursday, February 11, 2010, 6 to 7:30 pm

CF-West

## **BOOMERS & BEYOND**

### **Classic Cross-country Ski Adventures**

Fee: \$7 (with ski rental), \$4 (without rental)

Learn the beginner basics: glide, stop, turn, fall down and get back up. Easy course; no experience necessary. Enjoy the outdoors in the winter! Min 4, max 12

Friday, January 15, 2010, 1:30 to 2:30 pm, CF-West

Friday, February 19, 2010, 1:30 to 2:30 pm, GR-South

Friday, March 3, 2010, 1:30 to 2:30 pm, IP



### **Snowshoe Adventures**

Fee: \$7 per session (with snowshoe rental) \$4 per session (without rental)

\$15 per series (with rental), \$9 per series (without rental)

Try snowshoeing on and off the trails of three different parks. We will explore signs of wildlife and winter scenic views. Enjoy hot chocolate at end of our trail. Note if need ride from Pine Lodge

Ski Center. Min 4, max 10

Wednesday, February 17, 2010, 10 to 11:30 am, HR

Wednesday, February 24, 2010, 10 to 11:30 am, GR-South

## **SNOWSHOEING**

### **Moonlight Wine & Cheese Snowshoe Adventure**

Ages 21 and older

Fee: \$15 (with snowshoe rental), \$12 (without rental)

Join us for a snowshoe adventure hike with head lamps. See how the forest lights up!

When we return to the lodge we will enjoy a wine & cheese tasting to top off a great evening. Min 6 max 20

Friday, January 8, 2010, 6 to 8 pm, CF-West

### **Snowshoe Series**

Ages 12 and older, Four 90-minute sessions

Fee: \$20 (with snowshoe rental), \$10 (without rental)

This four-week series goes to the next level of snowshoeing each week. Experience flat to hilly terrain. Learn what to carry with you and how to dress. Class meets January 14, 21, 28 and February 4. Min 5 max 25

Thursday, January 14, 2010, 6 to 7:30 pm, CF-West

### **Snowshoes & Vineyards**

Ages 21 and older

Fee: \$15 (with snowshoe rental), \$12 (without rental)

We'll travel to Hogback Ridge to take a snowshoe hike and find signs of wildlife and then enjoy the winter views at Debonne Winery. Enjoy refreshments and snacks (included).

Min 4, max 10

Saturday, February 20, 2010, 1:30 to 5 pm, CF-West



### **Snowshoe Disc Golf**

Ages 8 and older, Fee: \$4

Come out and enjoy the winter with some snowshoeing and disc golf! If you have never snowshoed or played disc golf, don't worry we will teach you how to do both!

Refreshments will follow. Min 6, max 20

Saturday, February 27, 2010, 4 to 5:30 pm, CF-West

## SKI FUN FOR KIDS

### Bunny Rabbits Junior Cross-country Skiing

Ages 4 to 6

Fee: \$10 (with ski rental), \$5 (without rental), \$5 each additional sibling

You're never too young to start cross-country skiing. This is an introductory class that teaches cross-country skiing basics to children in a fun way. Min 4, max 10

Saturdays, 9:30 to 10:30 am, CF-West:

January 9, 2010

January 30, 2010

January 16; 2010

February 6, 2010

### Jack Rabbits Junior Cross-country Skiing

Ages 7 to 11

Fee: \$10 (with ski rental), \$5 (without rental), \$5 each additional sibling

Become a Jack Rabbit skier and experience the world of cross-country skiing from entry level to progressive strides. You will learn the basics and improve your skills in a fun way!

Min 4, max 16

Saturdays, 11 am to noon, CF-West:

January 9, 2010

January 30, 2010

January 16; 2010

February 6, 2010

### Hilltoppers Cross-country Youth Ski Program

Ages 4 to 18

Eight 2-hour sessions, Fee: \$60

Optional full season with ski rental: \$90

Children receive a program kit to track their progress as they master each skill and advance through each level with special awards for speed, distance and technique. Parents are required to attend the first session and strongly encouraged to participate. Sessions meet 10 am to noon Saturdays, January 2 to March 5.

Visit [www.ohionordic.org](http://www.ohionordic.org) for more details and complete activity schedule. Min 10, max 40

Begins Saturday, January 2, 2010, 10 am to noon, CF-West

### Ranger Patrol: Junior Ski Patrol

Ages 6 to 12, Fee: \$4 for one child, \$3 each additional sibling  
Sasquatch has returned with the winter weather! Ranger Patrol is being summoned to help in the search. Learn the basics of cross-country skiing and trail safety in the winter while on the hunt. Min 7, max 15

Sunday, January 31, 2010, 10 to 11:30 am, CF-West

### Lake Metroparks Junior Winter Olympics

Ages 5 to 10, Fee: \$4 for one child, \$3 each additional sibling  
Be part of the Lake Metroparks Winter Olympics! We will have a cross-country ski and dogsled challenge. Haven't done any of these activities? Don't worry, we will teach you! Equipment is included. Min 10, max 20

Saturday, February 20, 2010, 10:30 am to noon, CF-West

### Family Winter Adventure

Ages 6 and older (younger than 18 with adult),

Fee: \$15 per family (includes ski rental)

Shake off your cabin fever and learn the basics of cross-country skiing and safety precautions for outdoor winter activities. Come learn as a family while enjoying the great outdoors.

Min 2, max 5 families

Sunday, January 17, 2010, 11:30 am to 12:30 pm, CF-West

## SCOUTS

### Nordic Skiing Merit Badge

Fee: \$6

Before you come, learn about first aid for winter sports and the Wilderness Use Policy. During the program you will learn about all aspects of cross-country skiing. Min 12, max 20

Saturday, January 30, 2010, 3 to 5 pm, CF-West

### Junior Girl Scout Frosty Fun Badge

Fee: \$5.50

Before coming, learn about hypothermia and dressing for winter activities. You will cross-country ski, snowshoe, dogsled, track animals and talk about winter survival. Fee includes snack and rentals.

Min 12, max 20

Saturday, February 6, 2010, 3 to 5 pm, CF-West

Monday, February 22, 2010, 6 to 8 pm, CF-West

*Note: These programs are available upon request for your scout and other youth groups. For information or to reserve your date, call Karen at 440-256-2126.*

## Snow Adventure Birthday Parties



Ages 5 to 12

One 90-minute session

Fee: \$9 per child (\$72 minimum)

Have a snowy, sensational birthday party and let us do the work. Make your child's birthday party a fun-filled and unique experience! Party includes host, cupcake, beverage, indoor game, party treats and birthday activity. Min 8, max 12

- \* Cross-country Skiing \* Carnival
- \* Snowshoe Adventures \* Build a Toy
- \* Survivor \* Pajama Party \* Mad Scientist

For more information or to reserve your date, call Karen Reis at 440-256-2126.



## CAMPS

### Winter Adventure Camp

Ages 5 (Kindergarten) to age 10

Fee: \$18 full day

Camp activities include cross-country skiing, snowshoeing, sledding, crafts and games. If there is no snow, we will hike and enjoy nature.

Min 10, max 10

Monday, December 21, 2009, 9 am to 4 pm, CF-West

Tuesday, December 22, 2009, 9 am to 4 pm, CF-West

Wednesday, December 23, 2009, 9 am to 4 pm, CF-West

Monday, December 28, 2009, 9 am to 4 pm, CF-West

Tuesday, December 29, 2009, 9 am to 4 pm, CF-West

Wednesday, December 30, 2009, 9 am to 4 pm, CF-West

*We also offer extended care from 7:30 to 9 am, and 4 to 5:30 pm. Daily fee: \$3 per am or pm, or \$5 for both.*

### School's Out! Camp

Ages 5 to 10

Fee: \$18 full day

Camp activities include cross-country skiing, snowshoeing, sledding, crafts and games. If there is no snow, we will hike and enjoy nature.

Min 10, max 10

Monday, January 18, 2010, 9 am to 4 pm, CF-West

Monday, February 15, 2010, 9 am to 4 pm, CF-West

*We also offer extended care from 7:30 to 9 am, and 4 to 5:30 pm. Daily fee: \$3 per am or pm, or \$5 for both.*



**All programs in this brochure take place at Chapin Forest Reservation unless otherwise noted.**

**For more information, or to register for any of these programs, please call 440-358-7275 or 1-800-669-9226 or register online at [lakemetroparks.com](http://lakemetroparks.com).**



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