

Are you ready for skier mastery, backcountry access and free-heel fun???

## DISCOVER THE JOYS OF TELEMAR SKIING!

Telemark Skiing, a versatile downhill technique that offers fun, exciting alternative to resort slopes and the key to backcountry skiing success. The sport's high performance and traditional roots features plastic or leather boots, release or non-release bindings that free the skier's heel, with shaped telemark or cross country skis.

Telemark originated as a mode of travel across the snowy expanses of Scandinavia. Utilizing a single long stick instead of ski poles, and bindings made of leather, these early ski pioneers mastered the downhill by developing an elegant turn with one ski ahead of the other. This technique, characterized by a flexed front knee, and the trailing leg extended with the heel of the boot raised off the ski, became known as the Telemark turn.

Today, our high tech equipment we offer you has evolved to include plastic boots, shaped skis, titanium bindings, and equipment designed specifically for youngsters.

Telemark skiers are adventurous, powder hounding the backcountry, riding bumps on the slopes, taking air in the pipes, or racing gates!

## CONSIDER TELEMAR THIS WINTER!

Ski Telemark is a mobile ski school / equipment rental program that services Ontario's public. This year we celebrate our 26<sup>th</sup> anniversary!

Our professional instructor team at Ski Telemark are CANSI certified instructors, whose knowledge and expertise will teach you the mastery of telemark's downhill technique and the enjoyment it brings!

Please visit our website at:  
<http://www.skitelemark.ca>

Our team are active, friendly outdoor people who love to telemark, canoe, kayak, climb, mountaineer, nordic and alpine ski. Please ask for:



Through our City Ski and Weekend Programs, Ski Telemark has introduced the sport of telemark skiing to over 18,000 telemark enthusiasts!

## WE HOPE YOU WILL JOIN US THIS SEASON!

For more information or registration for our telemark programs, please contact us directly at:

**SKI**   
**TELEMAR**

R.R. # 1,  
1691 Oak Hill Road,  
Campbellcroft, Ontario  
LOA 1B0

Telephone: 905 797-1074

Fax: 905 797-1072

Email: [skitele@eagle.ca](mailto:skitele@eagle.ca)

## SPECIAL THANKS TO OUR SPONSORS:



**SKI**   
**TELEMAR**

Photos courtesy of Brian Backland Photography

## Telemark Skiing in the City?

Earl Bales Ski & Snowboard Centre is located at Earl Bales Park on Bathurst Street, one light south of Sheppard Avenue West, with easy access by TTC or car.

- all slopes patrolled by the Canadian Ski Patrol
- 100% snow-making and groomed night skiing
- 3 intermediate slopes and 1 beginner slope
- 1 double chair lift and 1 rope tow
- Ski season mid December to mid March (subject to weather and snow conditions)

The Centre offers an ideal venue for telemark skiing daily and during evenings. It's an oasis of snow in the city - as the Centre's snowmaking and grooming ensures consistent snow coverage for on-hill instruction, practice and play!

For snow conditions and current information, contact:  
TEL: (416) 33-TO-SKI (416-338-6754)

Visit Earl Bales Ski & Snowboard Centre on the web:  
Go to <http://www.toronto.ca/parks>, click on Skiing under Quick Links and follow Skiing in Toronto links to the Earl Bales Ski & Snowboard Centre.



## Telemark Wednesday Nights!!!

Ski Telemark offers professional instruction and telemark equipment rental services every Wednesday evening for 8 weeks from 6:00 - 9:30 pm, January 6 to February 24, 2010 at Earl Bales Ski & Snowboard Centre.

We invite interested skiers, snowboarders and non-skiers of all ages and abilities to participate in our tailored, skill development program! Learn in a supportive, friendly environment with friends & family, our video analysis will demonstrate your improvements!

## Ski Telemark Winter 2010 City Programs

### Eight Week Evening Telemark Skiing Programs

Our Eight Week Telemark Program at Earl Bales Ski & Snowboard Centre is designed for novice to advanced alpine, cross country skiers, and snowboarders. Sessions on Wednesday evenings commence January 6, and run to February 24, 2010. The program consists of eight one hour instructional sessions, including video analysis with two start times. Rental of telemark equipment is available in Package "B" based on registration order.

Time	Package	Program	Lift Pass	Equipment Rental	Cost
6:15 - 8:15 pm	A	1628009	two hour	no	\$264
6:15 - 8:15 pm	B	1628040	two hour	yes	\$418
7:15 - 9:15 pm	A	1628010	two hour	no	\$264
7:15 - 9:15 pm	B	1628041	two hour	yes	\$418

#### NOTES:

- 1) Package prices include all applicable taxes.
- 2) Program registrants qualify for a special Discounted Season Pass/Membership for \$185. Take advantage of this offer at the Earl Bales Ski & Snowboard Centre on the first night of your program.
- 3) Register early to ensure your choice of session and equipment.
- 4) All program registrants will be required to read, understand, and sign a waiver/release prior to a class/rental card being issued.
- 5) Recognized Ski & Snowboard Helmet are mandatory for all program participants.

To register by phone, please call:

(416) 395-7931, Monday to Friday, 10:00 am. - 4:30 pm.  
(payment with a Visa or MasterCard)

To register in person visit:

The North York Civic Service Centre  
5100 Yonge Street, Toronto, Ontario, M2N 5V7

Or register on-line:

Go to <http://www.toronto.ca/parks/torontofun>, click on "register"

### WEEKLY EVENING CLINICS & CANSI TELEMAR LEVEL I INSTRUCTORS COURSE

- Walk-on clinics with optional equipment rental, for novice to advanced skiers are available on Wednesday evenings, January 6 to February 24, 2010, one hour sessions start at 6:15, 7:30, and 8:30 pm. A lift ticket must be purchased.
- Again this season, CANSI Telemark Level I Instructors Course from January 6 to February 24, 2010 (8 weeks, 2 hours per night). Please register on-line at: [www.cansi.ca](http://www.cansi.ca)

Ski Telemark looks forward to instructing you in a private or group lesson.