

Mountain Biking Programs

Partnered with the Canadian Cycling Association (OCA), the Township of King is embarking on a journey to take you down a few new paths in life ... on your bike!

With a combination of existing and new trails, the Parks, Recreation and Culture Department has developed mountain biking programs for children and youth based out of Centennial Park, located at 14855 Jane Street.

The Parks, Recreation and Culture Department offers educational biking programs through the OCA SprockKids Program. This program is a national introduction to cycling initiatives designed to promote safe and proper riding.

The instructional programs are offered through the Township of King Summer Camps and several evening classes throughout the summer. Evening classes are offered Tuesdays and Thursdays on the following days:

July 14 and 16 July 28 and 30 August 11 and 13 August 25 and 27

Please call 905-833-5321 to register

Bikes and helmets are available for children and youth who require equipment. Transportation is available from the camp.

For more information on these camps, including dates, costs and more descriptions please see pages 27, 28 & 30



Adult Mountain Biking Programs

Biking 101

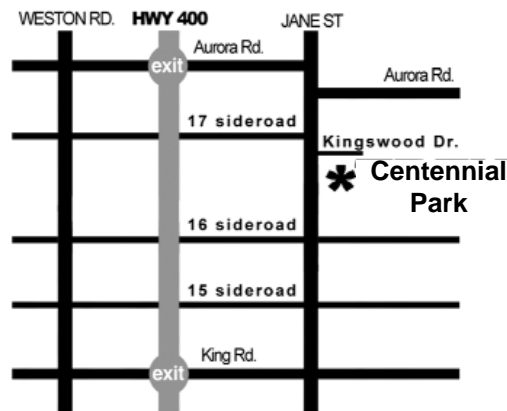
An intro to mountain biking from an experienced rider. This course is for those who have never cycled before and are looking to learn the basic skills to get started. Enjoy a scenic leisure paced ride.
Mondays from 6:30 to 7:30pm

Mountain Bike Racing

Are you interested in competitive mountain bike racing? This course can help you achieve your goal. Learn tips and skills of the trade from an experienced rider and certified instructor on how to make the most of your racing experiences. *Mondays from 8-9pm*

All classes are 6 week sessions starting the week of May 4, 2009. The cost per class is \$38.

How to get there ...



Events for 2009!

Family Biking Day

Monday June 15, 2009. Bring the whole family to Centennial Park to enjoy a day of biking.

Concessions available for sale. There will be a limited number of bikes available on site for use.

**** Please call ahead to register for a bike ****

Weekly Races - Wednesday Nights May 6th to August 26th

In conjunction with Superfly Racing, the Township of King is pleased to announce a weekly Mountain Bike Racing Series. For more information on this exciting program, see page 23.

Advanced Mountain Bike Program

Spend 3 days at 3 different locations learning tips and tricks of Mountain biking and mountain bike racing. This program includes:

- * Biking at Albion Hills
- * Biking at Cold Creek Conservation Area
- * Biking at Centennial Park
- * 2 overnights
- * High/Low Ropes and Rock Climbing
- * A chance to compete in a mountain bike race

Dates: July 20, 21, 22

August 17, 18, 19

Ages: 12-15

Cost: \$175 per participant. Meals are included in the cost.

Skateboard Park and Programs

Drop in and learn to skateboard this summer or improve your existing skateboarding skills at the Flipside Skateboard Park. The Park will officially open for the season on Youth Day in Nobleton. Come out and show your enthusiasm for Skateboarding.

The Skate Park is a great way to have fun and spend some time outside in the warm summer sun. Join us for our evening programs on Wednesday nights. The Program is offered on the following days:

Wednesday July 8

Wednesday July 22

Wednesday August 5

Wednesday August 19



Fees

Drop In Admission fee: \$2.00 per user

Safety Requirements

Helmets are mandatory

Additional safety equipment is encouraged

Summer Camps Offered!

Our skateboard program is designed by experienced instructors and focuses on skills, balance and style.

Participants will learn how to:

Oldie, Manual, Board slide on rails, Properly drop into a quarter pipe, 50-50, Among many others!

After the daily group instruction session, campers have the opportunity for some time to free skate.

It is recommended that participants bring their own skateboard and helmet.

There will be a limited amount of spare equipment on site.

For more information on the camps, including dates, costs and more descriptions please see pages 27 & 30

Instructional Evening Programs

Spend your Wednesday Nights in Nobleton at the Skateboard Park! An on-site instructor will help you improve your technique and skill level!

Instructional Fee:\$5 per participant per night