



# Ski Martock

## Take Education Outdoors

Skiing and Snowboarding are life long pursuits. Martock is committed fostering a love of outdoor recreation as the foundation for a lifetime of active healthy living. Snow sports are excellent group activities that develop new skills, self-esteem, self-awareness and decision-making while encouraging friendship and fun. Inclusion is an integral part of our school programming and we have Canadian Association of Disable Skiers (CADS) trained instructors available to ensure students with physical and cognitive challenges have a great day on the snow.

## Snow Sports Curriculum Connections

Certified ski and snowboard instructors use station teaching to create a safe environment for students to learn and progress at their own pace. Starting with Basic equipment knowledge and movement patterns; students will refine more advanced skills as they progress and improve. Participation in snow sorts meets Nova Scotia Department of Education physical education curriculum outcomes for daily physical activity and activity in an outdoor environment ...and it's a blast!

## The Right Terrain And The Right Equipment for Learning

Martock's **Learning Zone** provides terrain designed and shaped to make learning safe fun and productive. Made up of the Burton **Riglet Park** and **HeadStart** all students to begin on flat terrain and gradually process to gentle pitches and beyond. The Magic Carpet conveyor lift make trips to the top of the Bunny Hill a breeze.



## Burton Snowboards Ridglet Park

We're proud to have Canada's first Riglet Park. It looks like a playground but it's designed to allow kids to learn by doing in a fun and controlled, terrain based learning area. The features are designed to introduce, develop and refine skills. <http://burtonriglet.com>

## Head Skis HeadStart

The world's first, our HeadStart Zone makes learning fun by creating a fun, challenging terrain based learning environment that promotes progression at the pace of the individual students.

## The Right Gear

We continually invest in the best rental equipment from industry leaders to ensure students start with the best.

**Burton Snowboards** is the industry leader with snowboards, boots, and bindings that combine comfort and ease-of-use.

**Head Skis** has been manufacturing skis for close to 70 years. The integration of their learning boot-binding-ski system new skiers to feel comfort and confidence from day one.

## Nova Scotia School Athletics Federation Skiing and Snowboarding

Competitive skiing and snowboarding are NSSAF sports. Martock provides coaching and training for school snowboard teams while the Martock Ski Race Club provides coaching for ski athletes. Training lanes are available Monday and Friday afternoon and evenings. Coaching is provided by certified ski and snowboard coaches.

Contact us at 902-798-9501

Booking your day at Martock is as simple as calling 902-798-9501. Check out the Schools/Group section on our website at [www.martock.com](http://www.martock.com) for all the information, tools and forms to make your outing to Martock a great experience.



[www.martock.com/schoolsgroups](http://www.martock.com/schoolsgroups)