

CADS National Capital Division Programs 2025 Season

Program Hill	Location	Program Days	Duration (Start around Jan 1)	Ski Times	Cost (for disabled skiers, not volunteers)	Specialty	Contact
	30 min north of Ottawa	Saturday or Sunday	8 weeks	10:00 - 12:00 1:00-3:00	\$200 (2 hr) \$400 (4 hr)	All	randyinnes@gmail.com
 	15 min north of Ottawa	Monday Evening	10 weeks	19:00 – 21:00	\$200 (+\$30 for ski rental)	Visually Impaired	skihawksottawa@gmail.com
	20 min north of Ottawa	Saturday	8 weeks	10:00 – 15:00	\$250	All	cads.ncd.mc@gmail.com
	30 min west of Ottawa	Thursday - Sunday	8 weeks	1 hour Individually scheduled	\$345	All	coordinator@cads-pakenham.org
	1 hour west of Ottawa	Sunday	8 weeks	10:00- 12:00 or 13:00 - 1500	\$242	All	Malcolm McKinley operations@calabogiecads.ca
Winter Sports Clinic 	1 hour west of Ottawa	February 4th to 9th Residential	1 week	All day Monday - Friday	\$0	Military Veterans	wsc.calabogie@gmail.com