

# SNOWBOARD SKI BROCHURE

2015-2016

**Preseason:  
Dec. 12, 13, 19, 20  
Open 10 a.m. to 4 p.m.**

**Season Begins  
Dec. 23**

## PEEK INSIDE FOR

Lessons Offered  
Registration Info  
Rental Rates  
Hours of Operation



The Most Livable  
City in America

## REGULAR HOURS

Mondays and Tuesdays: **Closed**  
Wednesdays and Thursdays\*: 3–9 p.m.  
Fridays\*: 5–10 p.m.  
Saturdays: 8 a.m.–6 p.m.  
Sundays\*: 11 a.m.–6 p.m.  
\*public ski hours

## HOLIDAY HOURS

Dec. 23–31, Jan 18: 10 a.m.–6 p.m. **CLOSED Dec. 25**  
Jan. 1: 12 p.m.–10 p.m.

## CONTACT

Phone: 651-488-9673  
Address: 1431 N. Lexington Parkway  
Saint Paul, MN 55102

For more information on registration, please contact Parks Customer Service via phone at 651-266-6400 or email at ParksCustomerService@ci.stpaul.mn.us.

Saint Paul Parks and Recreation supports 711 TRS and Video Relay Services to better assist deaf and hard of hearing individuals.

## EQUIPMENT RENTALS AND ROPE TOW TICKETS

### DOWNHILL SKIING

Skis, Boots, and Poles\*

- Juniors: \$12
- Adults: \$15

### ROPE TOW TICKETS

Single Day Pass\*

- Juniors: \$12
- Adults: \$15

10-Day Punch Pass

- Juniors: \$100
- Adults: \$125

### CROSS COUNTRY SKIING

Skis, Boots, and Poles

- Juniors: \$12
- Adults: \$15

### SNOWBOARDING

Snowboard and Boots\*

- Juniors: \$16
- Adults: \$20

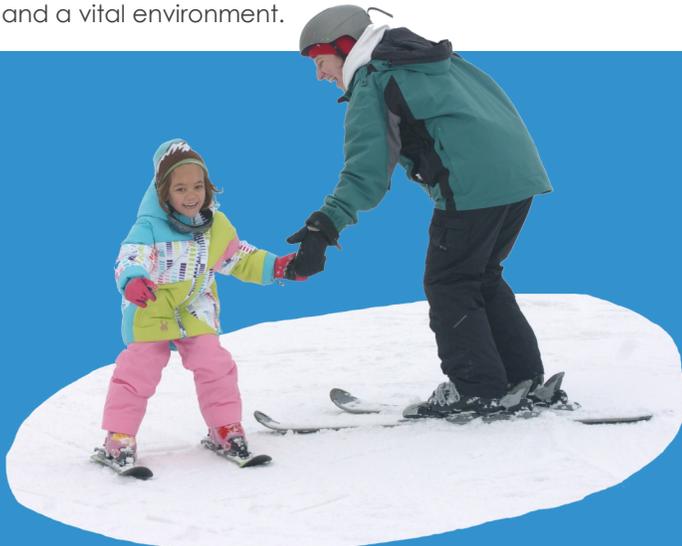
\*Not available during Saturday lessons (p. 4)

Juniors = 17 & Under

Adults = 18 & Over

## ABOUT SAINT PAUL PARKS AND RECREATION

An award-winning, nationally accredited organization, Saint Paul Parks and Recreation provides some of the most premiere facilities, amenities, and activities in the nation for participants of all ages and abilities. Staff and volunteers help to make Saint Paul the most livable city in America by facilitating the creation of active lifestyles, vibrant places, and a vital environment.



## Friday Family Fun!

Join us for all sorts of excitement on **Fridays** from **Jan. 1 to Feb. 5** between the hours of **5 & 10 p.m.**

Family of 5: **\$60** | Individual: **\$15**

Includes one (1) rope tow ticket and one (1) equipment rental for either snowboarding, downhill skiing, or cross country skiing per person.

Help our winter programs be the **best they can be!**

**MT COMO**  
SKI & SNOWBOARD PROGRAM

*Our mission is to passionately support snowsports for the diverse youth and families of our urban community in an **accessible, safe and fun** learning environment while promoting healthy, active lifestyles.*

Como Snowsports Booster Club

The official 501(c)3 Non-Profit Organization supporting the Como Ski & Snowboard Program

 Facebook.com/SkiMtComo  @SkiMtComo

More info online at **SkiMtComo.com**

## RENTAL INFORMATION

Need space for a birthday party, anniversary or group meeting?

Saint Paul Parks and Recreation has a wide variety of spaces and equipment for rent, at reasonable rates.

For more information, please contact  
**SAINT PAUL PARKS AND RECREATION**  
at 651-266-6400  
Como Park Ski Chalet at 651-488-9673

# Want to play outside this winter?

We have the best selection & knowledge of **cross-country skis** to get you out on the trails!

# finnsisu

We're small, but we know a lot

finnsisu.com 651-645-2443 info@finnsisu.com





## DOWNHILL SKIING

### #6536 Kinderski (Beginner, Ages 4–6)

Games will be utilized to get children comfortable with ski equipment. Lessons will progressively introduce new concepts such as sidestepping up gentle slopes, straight runs with beginning turns and stops, and the proper use of the rope tow.

### #6543 Never Evers (Beginner, Ages 7+)

Students with no prior skiing experience will learn to use a rope tow, maneuver on flat terrain, sidestep on gentle terrain, and coordinate their skis for straight runs, turns, and stops.

### #6537 Level I (Beginner)

Designed for beginning skiers with prior yet minimal skiing experience. Students will develop the abilities to turn and stop on intermediate terrain and will complete the course milestone – skiing down Como Hill through intermediate terrain.

### #6538 Level II (Advanced Beginner)

Must have the ability to properly use a rope tow and ski down Como Hill while utilizing turns and stops. Advanced beginner skills will be taught, including the ability to link turns in both directions, to control speeds, and to shift weight between skis.

## SNOWBOARDING

### #6631 Level A (No Prior Experience)

Students will learn about basic skills, equipment, and safety including maneuvering on flat and hilly terrain, falling safely, performing skidded turns, and hopping on flat terrain. Recommended that students be at least eight years old by Jan. 1.

### #6632 Level B (Advanced Beginner)

Taking place on gentle terrain, students learn to perform straight runs and turning stops as well as develop balance while riding, hopping, and turning.

## DOWNHILL SKIING AND SNOWBOARDING SCHEDULE

**Wednesdays: Jan. 6–Feb. 10\* | 6 & 7:15 p.m.**

**Thursdays: Jan. 7–Feb. 11\* | 6 & 7:15 p.m.**

**Saturdays: Jan. 9–Feb. 13\* | 9 & 10:45 a.m., 12:30, 2:30, & 4:15 p.m.**

\*Lessons meet five times total, the sixth date is reserved for make-ups due to weather cancellations.

### #6763 Adult-Only Lessons (Ages 18+)

Saint Paul Parks and Recreation offers Adult-Only Lessons on Wednesdays and Thursdays at 7:15 p.m. and Saturdays at 4:15 p.m. during the dates listed above.

Fee: \$95    Fee does NOT include equipment rental.

### #6677 Level III (Intermediate)

Students must be able to ski down Como Hill and turn both directions while controlling their speed. Students will improve on their ability to utilize the inside and outside edges of each ski by practicing parallel turns, hockey stops, and linked parallel sideslips.

### #6540 Level IV (Advance Intermediate)

Students must demonstrate the ability keep skis parallel throughout turns. This course will further improve upon parallel-turning skills and will teach students how to perform non-skidded turns.

### #6541 Level V (Advanced)

Students must be able to perform skidded and non-skidded turns on intermediate terrain. Progressively steeper slopes will be utilized to help students refine parallel turning skills necessary for skiing on powder snow, crud snow, and steep terrain.

### #6542 Level VI (Advanced/Intro to Racing)

Requires students to be able to perform parallel turns on any terrain at the Como Park Ski Center. Students meeting this requirement will be able to ski through gates on various terrains, some of which may not be serviced by rope tows.

Fee: \$95    Fee does NOT include equipment rental.

### #6722 Level C (Intermediate)

Students will learn to perform skidded turns in both directions, execute flat 180's and Ollies, and use the rope tow. Instructors will teach students to begin using the edge of the snowboard to round out and perfect turns.

### #6634 Level D (Advanced)

Advanced techniques will be taught, including carved turns, dynamic skidded turns, and air 180's and 360's. Further emphasis will be placed on balance and utilizing board edges.

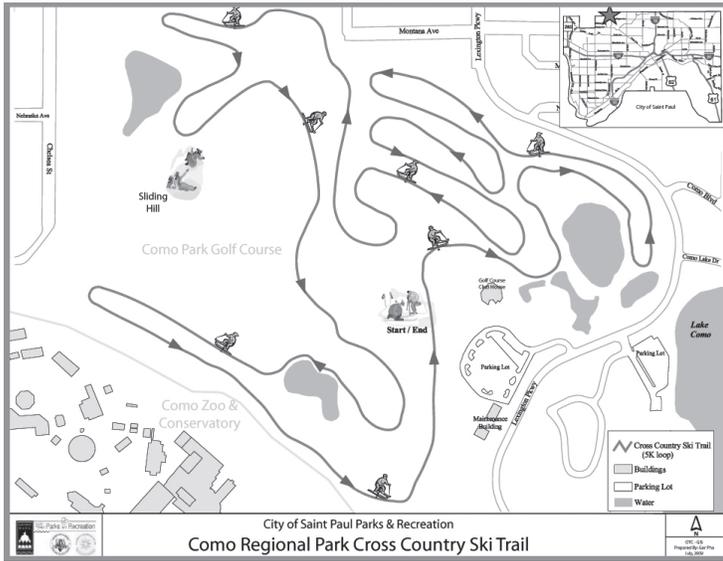
## Equipment Rental Packages

Limited numbers available; first-come, first-served. All equipment must be returned to the chalet after each class. Rentals are good for all group lessons of each type.

**Downhill Skiing** (Ski, Boots, and Poles): \$50

**Snowboarding** (Board and Boots): \$75

**Cross Country Skiing** (Classic Style only): \$30



Saint Paul Parks and Recreation invites you strap on your skis, both classic and skate style, and traverse Como Regional Park's nearly 7 kilometers of cross country trails. Opening in December and lasting until late February, beginners will be able to ski through a lit and maintained 1.7 kilometer trail until 11 p.m. Intermediate and advanced skiers will find the nearby 5 kilometer loop challenging yet refreshing.

Saint Paul Parks and Recreation also offers professional instruction and equipment rentals for skiers. Classic style cross country skiing lessons feature progressive skill-building to accommodate all abilities and levels of experience. Private lessons are also available for those interested in learning more advanced techniques as well as the increasingly popular skate style.

For more information on trails and lessons, call 651-266-6400 between 8 and 4:30 p.m., Monday through Friday.

## CLASSIC STYLE CROSS COUNTRY GROUP LESSONS

Activity #	Date	Time	Sessions	Fee
11730	Saturday, Dec. 12	10:30 a.m.–noon	1	\$15
11731	Saturday, Dec. 12	12:30–2 p.m.	1	\$15
11733	Sunday, Dec. 13	11 a.m.–12:30 p.m.	1	\$15
11734	Sunday, Dec. 13	1–2:30 p.m.	1	\$15
6751	Saturday, Dec. 26	10:30 a.m.–noon	1	\$15
6752	Saturday, Dec. 26	12:30 p.m.–2 p.m.	1	\$15
6533	Thursday, Jan. 7	6:30–8 p.m.	1	\$15
6532	Thursday, Jan. 14	6:30–8 p.m.	1	\$15
6753	Thursday, Jan. 21	6:30–8 p.m.	1	\$15
6754	Saturday, Jan. 9, 16, 23	10 a.m.–11:30 p.m.	3	\$45
6535	Thursday, Jan. 28	6:30–8 p.m.	1	\$15
6534	Thursday, Feb. 4	6:30–8 p.m.	1	\$15
6755	Thursday, Feb. 11	6:30–8 p.m.	1	\$15
6756	Saturday, Jan. 9, 16, 23	noon–1:30 p.m.	3	\$45
6492	Monday, Dec. 28	10 a.m. – 1 p.m.	1	\$30
6492	Tuesday, Dec. 29	10 a.m. – 1 p.m.	1	\$30

### Introduction to Cross Country Skiing (Ages 5+)

This on and off course will introduce students to the basics of cross country skiing, including how to correctly strap into skis and handle ski poles. Lessons will educate students on proper clothing, equipment, and techniques necessary to maintaining safety while skiing throughout Minnesota's trails. New skiers will learn about trail safety and more before heading out onto a beautiful 1.7 kilometer trail. Participants under the age of 12 must be accompanied by an adult.

Take our recurring lesson which meets on three Saturdays in January, to increase your progression.

### Intermediate/Advanced Group Lessons (Ages 14+)

For skiers with prior experience, this course will guide students through more challenging terrain to further refine skiing techniques. Topics covered will include the basics of the diagonal stride and transitioning between techniques.

### #6492 Introductory Clinics (Ages 8+)

Students may choose either Cross Country Skiing, Downhill Skiing, or Snowboarding per clinic date. Clinic fees cover lunch at noon (hot dogs, chips, and soda) and rental equipment.



## #6491 Private Ski/Snowboard Lessons

Individuals looking for further instruction may register online for private ski and snowboard lessons. Lessons are limited to one person/date/hour and are available at just \$40/hour. Fees do not include equipment rentals.



# REGISTRATION

## METHODS

### Online (Credit Card)

Visit [www.stpaul.gov/parks](http://www.stpaul.gov/parks), and navigate to Winter Activities to register for skiing and snowboarding activities.

### Phone (Credit Card)

Call the Como Park Ski Chalet at 651-488-9673 and have your credentials ready (VISA, MasterCard, American Express, or Discover) to register by phone.

### In Person (Credit Card, Check, and Cash)

Visit the Como Park Ski Chalet (hours and address on [p.1](#)) to register in person. You may also register at the nearest Saint Paul Recreation Center during their normal hours. If paying with cash, please prepare the exact amount.

### Mail (Check)

Complete the attached registration form, and mail it, along with a check, to:

Saint Paul Parks and Recreation  
Ski Program  
25 W. 4th St. #400  
Saint Paul, MN 55102

## ADDITIONAL REGISTRATION INFORMATION

### 1) Rental Equipment

Anyone renting equipment must be fitted at the Como Park Ski Chalet at least one week prior to their first lesson.

### 2) No Confirmations

Assume that all lesson times and locations will be held as noted on the registration form unless notified otherwise.

### 3) Weather Closings

Lesson cancellations and site closures due to inclement weather will be made available to the public at least one hour before the scheduled lesson time. Call 651-488-9673 for updates.

### 4) Missed Lessons

Lessons missed due to illness or personal matters cannot be made up. Refunds will not be granted for cancellations.

### 5) Refunds

Refunds requests must be approved by the Ski Program Manager and are not granted unless requested at least five (5) days prior to the first session. All refunds are subject to an administrative charge unless the program is canceled or filled. View the refund policy at [www.stpaul.gov/index.aspx?nid=2030](http://www.stpaul.gov/index.aspx?nid=2030) for more details.

### 6) Ski Patrol

Patrol services are not provided for the Como Park Ski Chalet and surrounding trails.

### 7) Special Needs

Please list any special needs or disabilities that an enrolling participant may have at least three (3) weeks prior to the first lesson. Individuals may be contacted by Adaptive Recreation staff to facilitate an accommodation for any special need or disability listed. For more information, call 651-793-6634 and speak to an Adaptive Recreation staff member.

### 8) Photography and Media

Participation in a recreation activity serves as consent to having photographs and recordings taken of you by Saint Paul Parks and Recreation staff and partners unless otherwise indicated specifically by you to the Ski Program Manager.

### 9) Lesson Postponement

All downhill ski and snowboard lessons are for five (5) total sessions of one hour each. If lessons need to be postponed due to weather, they will be made up on the sixth week of lessons. If no lessons are postponed there will be no lessons during the sixth week (Feb. 10-13).

## Family Ski Field Trip Day

On **Sunday, Feb. 21**, take advantage of our discounted lift tickets and rentals at a local ski hill (location TBD) for a day of fun for the entire family. Instructors will be on hand to assist with first-time users of chair lifts.

Registrations and payments must be made in advance at the Como Park Ski Chalet. \$30.00/person.  
Participants must provide own transportation and equipment. (Como rental gear not available for field trip)

**LESSON REGISTRATION FORM** MAIL TO: PARKS AND RECREATION 25 WEST 4TH ST, SAINT PAUL, MN, 55102

Participant Name \_\_\_\_\_ If Youth, DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Primary Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Work Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Email \_\_\_\_\_

Please identify any special needs or disabilities that the participant may have:  
\_\_\_\_\_

**DOWNHILL SKI LEVEL**  Kinderski  Never Evers  LVL I  LVL II  LVL III  LVL IV  LVL V  LVL VI

**SNOWBOARD LEVEL**  LVL A  LVL B  LVL C  LVL D

ADULT-ONLY LESSONS  Sat. 4:15 p.m.  Tue. 7:15 p.m.  Wed. 7:15 p.m.

1st Class Choice: Day \_\_\_\_\_ Time \_\_\_\_\_ 2nd Class Choice: Day \_\_\_\_\_ Time: \_\_\_\_\_

**CROSS COUNTRY SKI**  Introduction  Beginner  Intermediate/Advanced **Activity#:** \_\_\_\_\_

(Lesson Fee) \$ \_\_\_\_\_ x (# of Lessons) \_\_\_\_\_ + (Equipment Rental Rate) \$ \_\_\_\_\_ = Total Enclosed \$ \_\_\_\_\_

Rental Equipment Needed  Yes  No If Yes, Shoe Size \_\_\_\_\_  Adult  Child Height \_\_\_\_\_

Anyone renting equipment must be fitted at the Como Park Ski Chalet at least on week prior to their first lesson.

Payment  Cash  Check  VISA  MasterCard  American Express  Discover

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration \_\_\_/\_\_\_ Card Holder Name \_\_\_\_\_

(Makes checks payable to: City of Saint Paul)

**LESSON REGISTRATION FORM** MAIL TO: PARKS AND RECREATION 25 WEST 4TH ST, SAINT PAUL, MN, 55102

Participant Name \_\_\_\_\_ If Youth, DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Primary Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Work Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Email \_\_\_\_\_

Please identify any special needs or disabilities that the participant may have:  
\_\_\_\_\_

**DOWNHILL SKI LEVEL**  Kinderski  Never Evers  LVL I  LVL II  LVL III  LVL IV  LVL V  LVL VI

**SNOWBOARD LEVEL**  LVL A  LVL B  LVL C  LVL D

ADULT-ONLY LESSONS  Sat. 4:15 p.m.  Tue. 7:15 p.m.  Wed. 7:15 p.m.

1st Class Choice: Day \_\_\_\_\_ Time \_\_\_\_\_ 2nd Class Choice: Day \_\_\_\_\_ Time: \_\_\_\_\_

**CROSS COUNTRY SKI**  Introduction  Beginner  Intermediate/Advanced **Activity#:** \_\_\_\_\_

(Lesson Fee) \$ \_\_\_\_\_ x (# of Lessons) \_\_\_\_\_ + (Equipment Rental Rate) \$ \_\_\_\_\_ = Total Enclosed \$ \_\_\_\_\_

**Rental Equipment Needed**  Yes  No If Yes, Shoe Size \_\_\_\_\_  Adult  Child Height \_\_\_\_\_

Anyone renting equipment must be fitted at the Como Park Ski Chalet at least on week prior to their first lesson.

Payment  Cash  Check  VISA  MasterCard  American Express  Discover

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration \_\_\_/\_\_\_ Card Holder Name \_\_\_\_\_

(Makes checks payable to: City of Saint Paul)



ENDURANCE UNITED

X-COUNTRY RACES

## COMO CHAMPIONSHIPS



**Como Golf Course**

Sunday, Dec. 27, 2015 | 5K and 10K Mass Start (Men, Women, High School, Youth)

## KING BOREAS



**Phalen Golf Course**

Friday, Jan. 29, 2016 | 15K Skate | 7.5K Skate | 2K, 1K & .5K Youth Skate | 7.5K Skijor | 7.5K Snowshoe

Visit [www.enduranceunited.org/events](http://www.enduranceunited.org/events) for more information on registration and fees.



**CITY OF SAINT PAUL**

**PARKS AND RECREATION**

25 W. 4TH ST. #400

SAINT PAUL, MN 55102

The Most Livable  
City in America