

# SNOWBOARD SKI BROCHURE

2018-2019

## PEEK INSIDE FOR

Lessons Offered  
Registration Info  
Rental Rates  
Hours of Operation

**Preseason: Dec. 8, 9, 15, 16  
Open 10 a.m. to 4 p.m.**

**Regular Season Begins Dec. 21**



## 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. 21–Jan. 1, Jan. 21 [10 a.m.–6 p.m.](#) **CLOSED Dec. 24 & 25**

## 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](mailto: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.

Resources are available through the City of Saint Paul Adaptive Recreation program by calling 651-793-6635

## EQUIPMENT RENTALS AND ROPE TOW TICKETS

### DOWNHILL SKIING

Skis, Boots, 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](#)

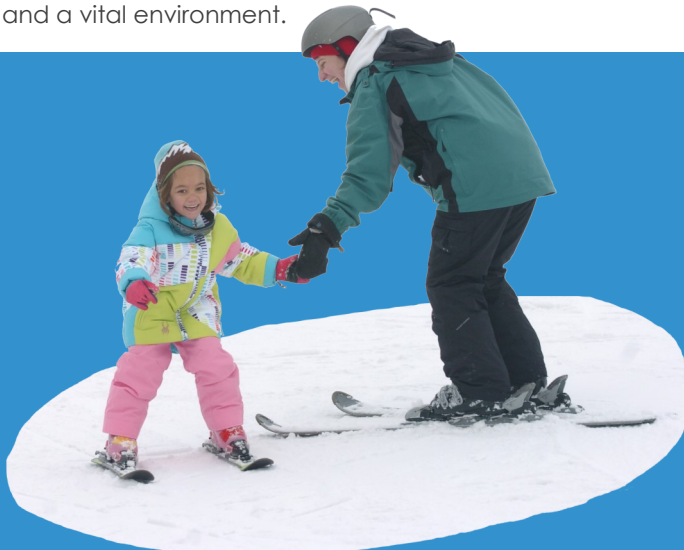
\*Not available during Saturday lessons (p. 4)

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 **Dec. 21 to Feb. 15** 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.



# Join the Como Park Booster Club!

We raise money to provide financial aid for youth and equipment improvements.

We have 4 Fundraising Events during the year.

1. **Gear Up Ski Sale** on November 10th.
2. **Fun Day at Como** including open skiing, snow-boarding, games, events and indoor crafts on January 27th.
3. **Apres Gala Dinner** on February 23rd.
4. A Como **Golf Scramble** in August.

Please contact Paul Nakanishi at 651-245-2722 or Lisa Steinmann at 651-238-0556 to join or donate.

Visit the [Como Park Ski Booster Club](#) on Facebook.

## Family Ski Field Trip Day

On **Sunday, Feb. 10**, take advantage of our discounted lift tickets and rentals at Afton Alps 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)



### #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.

# LESSONS

## INTRODUCTORY CLINICS

Fee: \$30

Fee does include equipment rental.

### #6492 Introductory Clinics (Ages 4+)

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.

Wednesday, Dec. 26 10 a.m. – 1 p.m.

Thursday, Dec. 27 10 a.m. – 1 p.m.

Friday, Dec. 28 10 a.m. – 1 p.m.

## DOWNHILL SKIING AND SNOWBOARDING SCHEDULE

**Wednesdays:** Jan. 2–Feb. 6\* | 6 & 7:15 p.m.

**Thursdays:** Jan. 3–Feb. 7\* | 6 & 7:15 p.m.

**Saturdays:** Jan. 5–Feb. 9\* | 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.

## 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

\*\*\*Helmets are provided for free by the Como Park Snowsports Booster Club (see page 2) for all lesson participants\*\*\*

## SNOWBOARDING

Fee: \$95

Fee does NOT include equipment rental.

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

New to Snowboarding or need to review the basic skills. Students will learn about boots, bindings and the board while skating and dropping into straight runs for the first lesson. Basic turns with proper body position will be the focus of this level as students explore all the terrain Como has to offer. Safety and proper falling technique will be taught as balance skills improve. Rope tow will be introduced as students advance during this level.

### #6632 Level B (Advanced Beginner)

Snowboarders in Level B should be ready to ride the rope tow and will learn to control their speed by turning. Body movements and board position for solid skidded turns are the focus of this level. Students will be introduced to freestyle maneuvers such as ollies, jumps, grabs, butters and boardslides. Snowboarding safely in steeper terrain and around/on park features like boxes and rails will be taught in this level.

### #6722 Level C (Intermediate)

Intermediate Snowboarders will build their skills in speed, turning, and freestyle. Rotation, Edging, and Pressure for dynamic riding will be the focus of this level. Students will learn to carve turns, vary turn shape, and snowboard safely in advanced terrain. Freestyle jumps with airtime, grabs, and proper landings will be taught in this level. Students will learn safety and terrain park etiquette while riding features such as boxes and rails with good boardslide technique.

### #6634 Level D (Advanced)

Advanced Snowboarders will continue to improve all their skills in carving and freestyle. Body and board movement analysis will help riders to progress their snowboarding to a new level. Students will control turn shape by utilizing board pressure, edging and angle for dynamic riding. Freestyle jumps with airtime, rotation, stylish grabs and proper landings will be practiced and coached. Students will ride terrain park features such as boxes, pipes, and rails with gap or side-on techniques taught as their skills improve.

## **Introduction**

At Mount Como we specialize in teaching young skiers so we offer several beginner courses, allowing each skier to progress at their own pace. These descriptions should help you place your child in the correct level, but we can always move them during the first class if it is not a perfect fit. Your instructor can help you if you do have concerns. Please note the rope tow expectations at each level to ensure your skier's success.

### **#6536 Kinderski**

This class is for four- to six-year-olds. Our group lessons instill self-confidence, safety and provide a fun outdoor experience. We play lots of games and move from the basics of putting on boots and skis, gliding, riding the tow rope part way up the hill, making straight runs, and completing first turns. This class level will move to the rope tow during the third lesson and will have priority for learning on the rope tow. Students must be four years old by the time of the first class. (We love teaching three-year-olds too. We suggest private lessons so we can customize the experience. See page 4 for more information).

### **#6543 Beginner Level 1A**

This class is for Kinderski graduates or students age seven and above with little to no prior experience. Students will learn about equipment, proper stance and balance, and how to steer and stop. This is an excellent advanced review for Kinderski Graduates. These students will be skiing from one half of the total hill height. This class will move to the rope at the second lesson and have priority for learning on the rope tow.

### **#6537 Beginner Level 1B**

This class is for students who are graduates of Level 1A and those with prior skiing experience and proficiency on the rope tow. Lessons will focus on using each ski independently for turning and stopping, and skiing from the top of the front hill. These students will be given priority on the rope tow for review during the first lesson and must be able to use the rope tow independently by the second lesson.

### **#6538 Advanced Beginner Level 2**

Students ski down all of the easier slopes at Mount Como including around trees and rolling terrain. Lessons will focus on using the ski edges for turning. Students must be able to use the rope tow and ski from the top of the Como Hill making turns and stops. This class level will move quickly to use all of the rope tows at Como and will move to the back hill as lessons progress.

### **#6677 Intermediate Level 3**

This class is for students who want to get better at everything. This level skis most of the Mount Como hills. They will begin to put all of the technical aspects of skiing together such as ski edges, balance, twisting skills, and pressure to get better at turning and controlling speed. These students use all of the rope tows at Mount Como and ski both the front hill and back hill in order to explore a variety of steeper and bumpy terrain.

### **#6540 Advanced Intermediate Level 4**

This class is for students who want to ski all the hills at Como. Lessons focus on skills which allow students to ski steeper and bumpy terrain. Skills include when to use twisting and when to use edging to make turns. Students will be skiing all of the runs at Como and must be comfortable doing so. Skiing speed picks up at this level so skills to control that speed are emphasized.

### **#6541 Advanced Skiing Level 5**

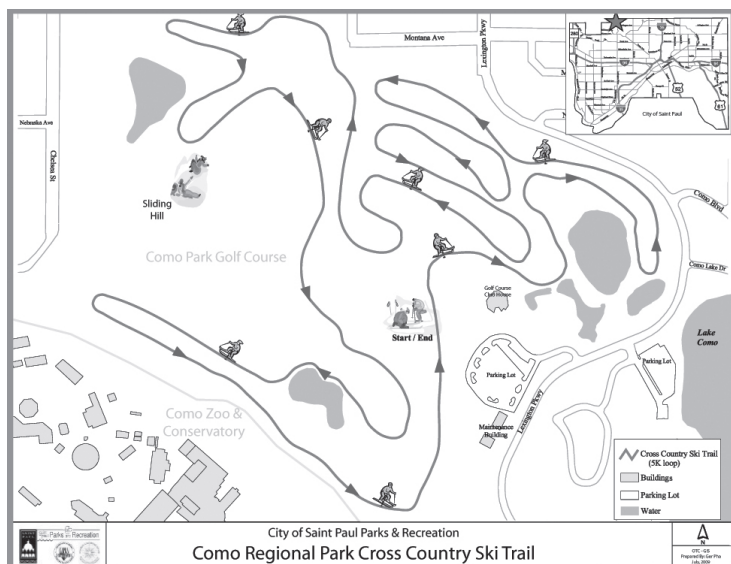
Students at this level will be skiing all of the Mount Como Hills including some that may not be groomed. This is the class where we start preparing for the next levels of Race Skiing or Freestyle skiing. Students will be skiing mostly steep, bumpy and ungroomed terrain. We start practicing skiing on one ski, backward skiing, and possibly small jumps and racing gates. All of the fundamental skills of balance, ski edging, ski pressure and ski twisting are fine-tuned before advancing to the next levels.

### **#6542 Introduction to Racing Level 6**

This class is for advanced skiers. Many of our students go on to race for their high school Alpine Racing Teams and many of our instructors are ski racers. Slalom gates will be set up for racing. Turning and speed are emphasized. Helmets and goggles are required for the race course.

### **#19056 Introduction to Freestyle Skiing Level 6**

This class is for advanced skiers. Students will be introduced to the basics of Freestyle Skiing, including how to jump and land safely, ride boxes and rails, skiing backward safely, and applying these skills to ski freestyle. Balance, twisting, and awareness of ski edges are emphasized. Twin tip skis and a helmet are required.



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. 15	10:30 a.m.–noon	1	\$15
11731	Saturday, Dec. 15	12:30–2 p.m.	1	\$15
11733	Sunday, Dec. 16	11 a.m.–12:30 p.m.	1	\$15
11734	Sunday, Dec. 16	1–2:30 p.m.	1	\$15
6731	Thursday, Dec. 27	6:30–8 p.m.	1	\$15
6533	Thursday, Jan. 3	6:30–8 p.m.	1	\$15
6532	Thursday, Jan. 10	6:30–8 p.m.	1	\$15
6753	Thursday, Jan. 17	6:30–8 p.m.	1	\$15
6754	Sat, Jan. 5, 12, 19	10 a.m.–11:30 a.m.	3	\$45
6535	Thursday, Jan. 24	6:30–8 p.m.	1	\$15
6534	Thursday, Jan. 31	6:30–8 p.m.	1	\$15
6755	Thursday, Feb. 7	6:30–8 p.m.	1	\$15
6756	Sat, Jan. 5, 12, 19	noon–1:30 p.m.	3	\$45

### 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.







# 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) 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 and posted on the **Como Park Ski Center** Facebook page or Call 651-488-9673 for updates.

### 3) Missed Lessons

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

### 4) 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.

### 5) Ski Patrol

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

### 6) 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.

### 7) 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.

### 8) 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. 7-10).

# 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 ☐ LVL Ia ☐ LVL Ib ☐ LVL II ☐ LVL III ☐ LVL IV ☐ LVL V ☐ LVL VI Race ☐ LVL VI Free

**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)

# 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