

X-COUNTRY RACE **COMO**

Como CHAMPIONSHIPS

Saturday, December 29th, 2012

9 a.m. Mass start, Skate race
10 km Citizen, 5 km High School
1 km free Kids race following

Pre-registration: \$25 online, \$35 race day
(H.S. Pre-Registration: \$15 online; \$20 day of race)
PRE-registration closes Friday 8 pm, December 28, 2012

On-site Registration: 7:15 – 8:30 a.m. Como Park Ski Center Chalet (Golf Course Club House)
Separate Starts for Men, Women, H. S. (1 minute apart),
Chip-Timed

Awards 3 deep in: 18-29, 30-39, 40-49, 50-59, 60+
(Awards follow immediately after kids race at finish line)

Register online: ComoChamps.Zapevent.com
More information: info@sisuskiers.org
www.sisuskiers.org



X-COUNTRY RACE **PHALEN**

Phalen CHALLENGE

Sunday, January 13th, 2013

Full day of demos, racing, and
Outdoor fun for the entire family

8:00 a.m. Registration opens
9:30 a.m. Mass start, Skate race
10:15 a.m. Skijor mass start, 7.5 or 4.5 km
11:00 a.m. Snowshoe mass start

Pre-registration: \$25 online, \$35 race day
(H.S. Pre-Registration: \$15 online; \$20 day of race)
PRE-registration closes Friday 5:00 pm, January 12, 2013

On-Site Registration: Opens 8:00 a.m. Phalen Park Golf Course Club House
Awards 3 deep in: 18-29, 30-39, 40-49, 50-59, 60+
(Awards to follow immediately after kids race at finish line)

Register online: ComoChamps.Zapevent.com
More information: info@sisuskiers.org
651-964-8442



Saint Paul Parks and Recreation

2012-2013 SKI PROGRAM

www.stpaul.gov/parks



WELCOME!

Downhill Skiing, Snowboarding & Cross Country Skiing



CITY OF SAINT PAUL
DEPARTMENT OF PARKS
AND RECREATION
25 4th ST. W., SUITE 400
SAINT PAUL, MN 55102

Como Park Ski Center

1431 North Lexington Parkway

Season Begins December 26, 2012

Pre-season weekends
December 15-16 and 22-23,
10 a.m. - 4 p.m.

- Registration and fittings for lessons
- Gift certificates (ski and golf)
- Skiing (weather permitting)



Como Chalet: 651-488-9673
General Park Services: 651-266-6400
parkcustomerservice@ci.stpaul.mn.us



INSIDE Lesson Information
Rental Rates
Registration Information
Ski Center Hours

COMO PARK SKI CHALET HOURS

651-488-9673

Mondays & Thursdays: CLOSED
 Tuesdays & Wednesdays: 3:00-9:00 p.m.
 Fridays: 5:00-10:00 p.m.
 Saturdays: 8:00 a.m.-6:00 p.m.
 Sundays: 11:00 a.m.-6:00 p.m.

Rope tow and hill close 30 minutes before Chalet.

Como Park Chalet Holiday Hours

Weather and snow conditions permitting

December 26-30: 10 a.m.-9 p.m.
 January 1: 9 a.m.-9 p.m.
 December 31 & January 2: 9 a.m.-6 p.m.
 January 21: 11 a.m.-6 p.m.

PUBLIC SKI HOURS

Tuesdays & Wednesdays 3-9 p.m. • Fridays 5-10 p.m. • Sundays 11 a.m.-6 p.m.

Public Equipment Rental and Single Day Rope Tow Fees:

DOWNHILL SKI – Skis, Boots & Poles

- Junior (17 & Under) \$10
- Adult (18 & Over) \$15

SNOWBOARD – Snowboard and Boots

- Junior (17 & under) \$16
- Adult (18 & Over) \$20

CROSS COUNTRY SKI – Skis, Boots & Poles

- Junior (17 & Under) \$10
- Adult (18 & Over) \$15

*ROPE TOW TICKET – Single Day

- Junior (17 & Under) \$10
- Adult (18 & Over) \$15

*Downhill, Snowboard and Rope Tow NOT available during Saturday Lessons

General Parks & Recreation Information & Registration Help

651-266-6400

After Hours:

Please e-mail ParksCustomerService@ci.stpaul.mn.us with questions and/or concerns. A reply will be given by the end of the next business day.

Deaf and Hard of Hearing callers, please call via 711 TRS or via Video Relay Services.

Parkwatch 651-646-3535

Volunteer Hotline 651-266-6464



Saint Paul Parks and Recreation

Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



Fee includes Downhill Ski, Cross Country Ski or Snowboard equipment, plus rope tow ticket.

- Family of five (5) \$50
- Additional family member \$5
- Individual \$10

5 p.m.-10 p.m. Fridays
 December 28-February 3

LESSONS REGISTRATION FORM (see page 4 and 5 for level descriptions and days/dates/times)

Participant name _____ Youth: Date of birth ____/____/____ Age _____
 Address _____ City _____ State ____ Zip _____
 Home telephone ____ - ____ - _____ Work telephone ____ - ____ - _____
 E-mail address _____

Please list any special needs or disabilities the enrolling 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

Lesson fee: \$ _____ X number of lessons _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Rental Equipment Needed: Yes No If yes, Shoe Size ____: Adult / Child (circle one). Height _____

Lesson fee: \$ _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Everyone renting equipment must visit the Como Park Ski Center for fitting at least one week prior to the first lesson.

Payment: Cash Check VISA Mastercard American Express Discover

Credit Card # _____ - _____ - _____ Expiration Date: ____ / ____ Card Holder Name: _____

Make checks payable to: City of Saint Paul

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 Address _____ City _____ State ____ Zip _____
 Home telephone ____ - ____ - _____ Work telephone ____ - ____ - _____
 E-mail address _____

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Make checks payable to: City of Saint Paul

Downhill Skiing and Snowboarding Lessons



Downhill Ski Lessons

Como Park Ski Center has lessons for all ski and snowboard levels. Students are grouped by ability for a more enjoyable experience. Students are required to demonstrate fundamental skills to pass to the next level.

The program priorities are (in order of importance): **SAFETY – FUN – LEARNING**. Safety rules are stressed at all levels. Como Ski and Snowboard School recommends helmets for all students.

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

#6536 Kinderski (Beginner ages 4*-6)

This popular program begins with games that get children comfortable with ski equipment and progresses to side stepping gentle terrain on skis, straight runs with beginning turns and stops and use of the rope tow. *No 7:15 Kinderski on Tues. or Wed.* *Kinderski students must be at least 4 years old by January 1.

#6543 Never Evers (Beginner ages 7 & older*)

Students who have never skied before begin with getting around on flat terrain and progress to sidestepping gentle terrain on skis, straight runs and beginning turns and stops, and use of the rope tow. *Mature 6-year-olds may begin at this level.

#6537 Level I (Beginner)

Students are able to use a rope tow. They improve their ability to initiate turns and to stop on medium terrain. Fundamental skill focus: developing techniques to turn and stop.

#6538 Level II (Advanced Beginner)

Student has mastered Level 1 skills. Student learns to link turns in both directions, control speed while turning and skate on skis on all terrain. Fundamental skill focus: using each ski independently.

#6677 Level III (Intermediate)

Students ready for this level control skis on varying terrain for turns and stops. Student learns beginning Christie turns, vertical side slips and hockey stops in both directions. Fundamental skill focus: using both the inside and outside edges of the skis.

#6540 Level IV (Advanced Intermediate)

Student already uses ski edges to shape turns. Student learns to link skidded turns in both directions, complete advanced Christie turns and ski edge engagement in the snow. Fundamental skill focus: engaging both ski edges in the snow without skidding.

#6541 Level V (Advanced)

Students learn beginning parallel turns with correct pole usage, vertical step turns and progress to linked parallel turns. Fundamental skill focus: rolling both skis over together to the opposite edges in the turn.

#6542 Level VI (Advanced/Introduction to racing)

Students work on advanced parallel turns, racing techniques, carved parallel turns, and racing a slalom course with an emphasis on handling speed.

Snowboard Lessons

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

#6631 Level A (Never boarded before)

Students learn about snowboard equipment, how to strap in the board, how to get around on flat ground and on the hill, how to fall, skidded turns on flat terrain, and hops and turns on flat terrain. Most students will graduate to the next level within the same year. *Recommend students be at least 8 years old by January 1.

#6632 Level B (Advanced Beginner)

On gentle terrain, students learn straight runs, turns to a stop, balance while riding, hops and skidded turns. Fundamental skills focus: balance.



#6722 Level C (Intermediate)

Students learn skidded turns in both directions, ride the rope tow, do flat spin 180's, Ollies, and start to use the board edges to round out the turns. Fundamental skills focus: using the board edges to perfect the turns.

#6634 Level D (Advanced)

Students learn dynamic skidded turns, carved turns, air 180's, air 360's, and basics of riding terrain park features. Fundamental skills focus: balance and edges.

Downhill Ski and Snowboard Group Lesson Dates and Times

Downhill Ski and Snowboard

Tuesdays: January 8–February 5, 2013
6:00 p.m., 7:15 p.m.

Wednesdays: January 9–February 6, 2013
6:00 p.m., 7:15 p.m.

Saturdays: January 5–February 2, 2013
9:00 a.m., 10:45 a.m., 12:30 p.m., 2:30 p.m., 4:15 p.m.

Adult Only Lessons

* #6763 Adults are welcome in all classes. However, **Adult Only Lessons** (18 and over) are scheduled **ONLY** on Saturdays at 4:15 p.m., Tuesdays 7:15 p.m., or Wednesdays at 7:15 p.m.

Equipment Rental Package Rates FOR LESSONS

First registered, first reserved basis (limited numbers available)

DOWNHILL SKI – Skis, Boots & Poles
(For All Five Lessons) **\$45.**

SNOWBOARD – Board & Boots
(For All Five Lessons) **\$75.**

CROSS COUNTRY SKI (Classic Style only)
Beginner & Intermediate/Advanced
– Skis, Boots & Poles (For All Three Lessons) **\$30.**

Skis, boots and poles must be returned to chalet after each class.

Cross Country Ski Lessons

Saint Paul Parks and Recreation invites you to cross country ski in Como Park. Trails and facilities are open from early December through late February, weather permitting. The trails are groomed on a regular basis for both classic and skate style skiing. For trail conditions and information, please call **651-266-6400, Monday through Friday, 8:00 a.m.–4:30 p.m.**

Como Park has a 1.7K loop of lighted trail for beginner-level skiing until 11:00 p.m. and 5K of intermediate/advanced-level groomed classic and skate style trails, in addition to instruction and classic style equipment rental for all ages.

Classic Style Group Lessons

Introduction to Cross Country Skiing (Ages 5 to Adult)

This is an on and off snow introduction to the sport where you learn to do the basics of Cross Country Skiing, from putting on skis and poles, to sliding around the Teaching Area. You're introduced to the equipment, why and how we use it and everything you should know before you venture out onto the trails. Children 5 to 12 years of age must be accompanied by an adult.

ACTIVITY #	DAY/DATE	TIME	SESSION	FEE
6527	Sat., Dec. 15	10:30 a.m. – 12:00 p.m.	1	\$15
6528	Sat., Dec. 15	12:30 p.m. – 2:00 p.m.	1	\$15
6529	Sun., Dec. 16	11:00 a.m. – 12:30 p.m.	1	\$15
6530	Sun., Dec. 16	1:00 p.m. – 2:30 p.m.	1	\$15
6531	Wed., Dec. 26	6:30 p.m. – 8:00 p.m.	1	\$15
6751	Sat., Dec. 29	10:30 a.m. – 12:00 p.m.	1	\$15
6752	Sat., Dec. 29	12:30 p.m. – 2:00 p.m.	1	\$15

Beginner Group Lessons

This is an on and off snow introduction to the sport where you learn the basics of Cross Country Skiing and the techniques required for beginner skiers. You're introduced to the equipment and why and how we use it, basic techniques, and hills. Time is spent discussing clothing, safety, and the basic techniques you will need for recreational skiing on Minnesota trails. We try to get you off on the right foot, while emphasizing fun. Children 5 to 12 years of age must be accompanied by an adult.

ACT.#	DAY/DATE	TIME	SESSION	FEE
6533	Tue. Jan. 1	6:30–8 p.m.	1	\$15 (Ages 5 – Adult)
6532	Tue. Jan. 8	6:30–8 p.m.	1	\$15 (Adults Only 50+)
6753	Tue. Jan. 15	6:30–8 p.m.	1	\$15 (Adults Only 50+)
6754	Sat. Jan. 5, 12, 19	10 a.m.–11:30 p.m.	3	\$45 (Ages 5 – Adult)

Introductory Clinics #6492 (Ages 8–Adult)

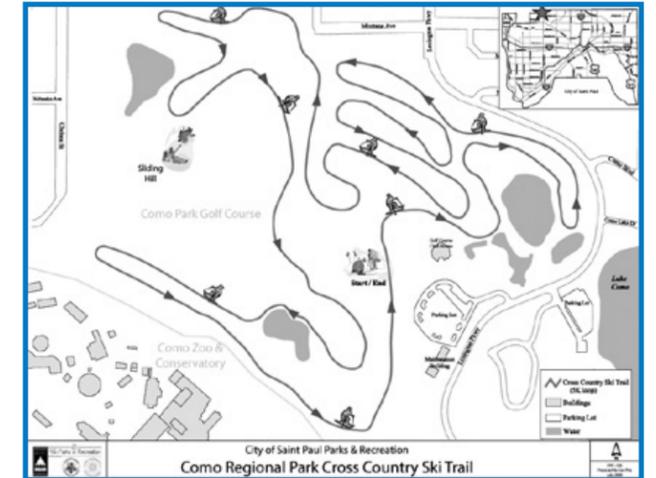
Choose one (1) – Snowboard, Cross Country Ski or Downhill Ski per date. Clinics fee includes 12–1 p.m. Lunch Special (hot dog, soda, chips) **Clinics include equipment rental.**

DAY/DATE	TIME	SESSION	FEE
Wed., Dec. 26	10 a.m.–1 p.m.	1	\$30
Thur., Dec. 27	10 a.m.–1 p.m.	1	\$30
Fri., Dec. 28	10 a.m.–1 p.m.	1	\$30

Private Ski Lessons #6491

REGISTER ON-LINE ONLY for one hour private Cross Country Ski, Downhill Ski or Snowboard lesson. \$40/date/ hour/person. Limit: One (1) person/date/time. **Private Lesson fees do NOT include equipment rental—See Public Equipment Rental.** Go on-line to view available Private Ski Lesson dates/times remaining, or call 651-266-6400 for assistance. For **Group Private Lessons**, please call 651-266-6400.

Como Park Ski Center's Classic Style Cross Country Ski Lesson program features a progressive skill level series to accommodate all abilities and experience levels, from a complete beginner to advanced. The series is set up so that each lesson builds on the one before, and so that a skier taking all lessons can become progressively better. Private lessons cover more advanced techniques and the increasingly popular Skating Style Cross Country skiing. Lesson fees do NOT include equipment rental.



Intermediate/Advanced Group Lessons

Skiers with some experience, wanting to move to more challenging terrain, can learn more refined skiing techniques for improving ability and fitness. This course will begin with a review of Diagonal Stride basics, introduce students to a variety of advancing techniques and we will practice and discuss transitions between them. The desired outcome is an ability to ski intermediate terrain with confidence.

ACTIVITY	DAY/DATE	TIME	SESSION	FEE
6535	Tue. Jan. 22	6:30–8 p.m.	1	\$15 (Ages 14-Adult)
6534	Tue. Jan. 29	6:30–8 p.m.	1	\$15 (Ages 14-Adult)
6755	Tue. Feb. 5	6:30–8 p.m.	1	\$15 (Ages 14-Adult)
6756	Sat. Jan. 5, 12, 19	12:00–1:30 p.m.	3	\$45 (Ages 14-Adult)



Registration

Online: With credit card ONLY.

Go to www.stpaul.gov/parks/ and click on winter activities (left tool bar) and follow the instructions.

In Person: Visit the Como Park Chalet at 1431 N. Lexington Parkway.

If paying in cash, please have the exact amount.

Chalet opens Pre-Season December 15-16, 22-23, 2012.

Open Holiday Hours December 26-January 2, and opens for the Season Friday, January 4th.

Telephone: With credit card ONLY (VISA, Mastercard, American Express or Discover). Call the Como Park Ski Chalet at 651-488-9673.

Chalet Hours are listed on page 2.

By Mail: Complete a registration form on this page and mail it with a check or credit card information to:

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

Additional Registration Information

Equipment Rental: Everyone renting equipment must visit the Como Park Ski Center for fitting at least one week prior to the first lesson. See Como Park Ski Center hours.

No Confirmations: Assume the first choice lesson level/day/time will be held as noted on the registration form unless you are notified otherwise.

Closings Due to Weather: During inclement weather, possible lesson cancellation or site closure information will be available at least one hour before lesson time by calling Como Park Ski Center at 651-488-9673.

Lessons Missed due to illness or personal reasons are not made up. No refunds for cancellation by students.

Refunds: Requests for refunds 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. A copy of the refund policy may be viewed at: <http://www.stpaul.gov/index.aspx?nid=2030>

Ski Patrol: Services are not provided at Como Park Ski Center.

Special Needs: Please list any special needs or disabilities that the enrolling participant may have. Individuals may be contacted by Adaptive Recreation staff to facilitate an accommodation for any special need or disability listed. We request at least 3 weeks notice for accommodation requests. For more information about accommodations and or Adaptive Recreation, please call 651-793-6634.

Photography/Video Recordings: Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the ski program supervisor. Minnesota Data Privacy Act: In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you and the Parks and Recreation staff and volunteers who need the information to perform their duties, not the public.

Family Ski Day At Afton Alps



Sunday, February 10, 2013

Each year, the Como Park Downhill Ski Program organizes a family ski/snowboard day at Afton Alps after the 5-week lesson program. Students, family and friends are invited. This year's Family Ski Day is **Sunday, February 10, 2013**. We arrange discount lift tickets and rentals at the Afton Alps for a day of skiing and snowboarding fun to provide an

opportunity for students to use all of their newly acquired skills. Parents are responsible for transporting their family to and from Afton Alps and for signing up and paying in advance at the Como Park Ski Chalet Rental Office. Instructors are available to help anyone riding the chair lift for the first time. Students and their families really enjoy this event!

Winter is Here, and So Are We!

For over 45 years Joe's has catered to the snow sports industry. This year let us start out your winter experience with equipment from all the top name brands. Don't forget we also offer a full range of ski and snowboard tunes to help keep your equipment in excellent condition.

Online at joesski.com, call us 651.209.7800 or stop by 33 East County Road B St Paul, MN 55117

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