

## **Rocky Mountain Seniors Ski Club Snow Valley On-Hill Training Programs for the 2017-2018 Season**

For this season, Snow Valley is offering two different on-hill training options for club members, one through the Snow Valley Training Centre and one through the Snow Valley Masters Racing Club.

The **Snow Valley Training Centre** will once again provide excellent ski instruction to club members, designed to help participants develop the fundamental skills for skiing with control and confidence in a variety of snow conditions and terrain types and when sharing the hill with others. This year's format is more flexible from that of prior years, and thus can accommodate a wider range of needs of club members. Instead of a small set of distinct programs, the Snow Valley Training Centre is offering lessons whose focus will be continually shaped by the participants and their certified instructors as the season progresses.

There will be a 3-week session at the start of the season and a 10-week session during the remainder of the season. At the beginning of each session of lessons, participants, with guidance from instructors, will organize themselves into groups according to their goals for their skiing and their levels of experience on snow. For each group, lessons throughout the session will be tailored to the needs of participants. Based on the survey responses received, it is clear that many club members share common goals, including confidently and comfortably skiing blue and some black runs (and for some, powder and steeps) in the mountains, building up technical skills and stamina after a hiatus from skiing, as well as enjoying the challenge of learning new things in the company of friends. Many thanks to all club members who responded to the survey about on-hill programs! The Snow Valley Training Centre is integrating your feedback into the contents and structure of lessons for this season.

All **lessons** are **two hours** long and are offered on **Monday afternoons** from **1:30pm to 3:30pm**. (There are no school groups on Monday afternoons, so we should mostly have the hill to ourselves.) Although lesson dates were selected to have minimal conflict with club ski trips, it was not possible to entirely avoid such conflicts. Note that if you are absent for a lesson, you will not have the opportunity to make up that lesson at a later date.

**3-week session:** Dates: 4, 11, and 18 **December**. Cost: **\$119.00** for season pass-holders and \$219.00 for non-pass-holders.

**10-week session:** Dates: 8, 15, 22, 29 **January**; 5, 12, 26 **February**; and 5, 12, 19 **March**. Cost: **\$300.00** for season pass-holders and \$399.00 for non-pass-holders.

Those club members interested in alpine racing are encouraged to join the **Snow Valley Masters Racing Club** which welcomes all skiers, independent of whether they have prior race experience. There are two sessions of training offered throughout the season: Monday afternoons and Wednesday evenings.

**Monday session: 2:00pm-4:00pm** all season. Cost: **\$300.00** for season pass-holders and \$489.00 for non-pass-holders.

**Wednesday session: 7:00pm-9:00pm** all season. Cost: **\$300.00** for season pass-holders and \$489.00 for non-pass-holders.

For the Masters program, the non-pass-holder rate includes a weekday season pass that allows you to ski at Snow Valley anytime on Mondays through Fridays. Note that this season, **drop-ins** are permitted on both **Mondays** and **Wednesdays** for **\$25.00** per training day (lift ticket not included).

For information on specific training dates, race dates, sponsors, and more, please visit the Masters website: <http://www.snowvalley.ca/lessons-rentals/masters-racing.php>.

You may register for the 3-week and 10-week lesson sessions and for the Masters training sessions through Snow Valley Guest Services, either over the phone (780-434-3991 ext. 242) or in person. For the lessons, please ask for the '55+ Lessons' and specify your choice of session: 3-week, 10-week, or both. For the Masters training, please ask for the 'Masters' and specify your choice of session: Mondays, Wednesdays, or both.

If you have questions about any of these on-hill training options prior to club member registration day at Snow Valley (25 October 2017), please do not hesitate to contact Martha ([steenie@rcn.com](mailto:steenie@rcn.com)), and she will do her best to answer them. On registration day, representatives of the Snow Valley Training Centre as well as the Snow Valley Masters Ski Club will be available to answer any remaining questions.