

# Rocky Mountain Seniors Ski Club

## Snow Valley On-Hill Training Programs for the 2018-2019 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. Thanks very much to all who provided answers to the survey questions concerning last year's on-hill programs! Your feedback has helped to refine this year's offerings.

### Option 1:

The **Snow Valley Training Centre** will once again provide excellent ski instruction to club members, designed to help participants develop and hone the skills necessary for skiing with control and confidence in a variety of snow conditions and terrain types and for comfortably and safely sharing the hill with others. Skiers of all levels of experience - brand-new skier, life-long skier, or anywhere in between - will benefit from this program.

**New for this year:** All instruction will be offered as three-lesson sessions, with lessons running on three consecutive weeks. This scheduling has been designed to more flexibly accommodate club members who wish to participate in club trips to the mountains throughout the season and who wish to receive instruction at Snow Valley as well.

All **lessons** are **two hours** long and are offered on **Monday afternoons** from **1:30pm to 3:30pm**. The cost of a single three-lesson session is **\$120.00** for season pass-holders and **\$220.00** for non-pass-holders. You may also **drop-in** for instruction for **\$45.00** per lesson (lift ticket not included).

**December** session: Dates: 3, 10, and 17 December.

**January** session: Dates: 7, 14, and 21 January.

**February** session: Dates: 28 January, 4 and 11 February.

**March** session: Dates: 4, 11, and 18 March.

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. The focus of the lessons for each group will be continually shaped by the participants and their certified instructors throughout the session.

**New for this year:** If you are absent for one of your lessons, you will have the opportunity to make up that lesson during one of the regular adult lessons (one hour in length) offered on Sundays.

## Option 2:

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**, 26 November 2018 through 25 March 2019. No training on 24 and 31 December 2018 and on 18 February 2019.)

**Wednesday** session: **7:00pm-9:00pm**, 28 November 2018 through 20 March 2019. No training on 26 December 2018 and 2 January 2018.

The cost of training per session for the season is **\$300.00** for season pass-holders and \$489.00 for non-pass-holders. The non-pass-holder rate includes a weekday season pass that allows you to ski at Snow Valley anytime on Mondays through Fridays. You may also **drop-in** for training on both **Mondays** and **Wednesdays** for **\$25.00** per training day (lift ticket not included).

For more information on the program, please contact Paul ([paul@snowvalley.ca](mailto:paul@snowvalley.ca)).

## Registration:

You may register for the 3-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: December, January, February, or March. 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 (23 October 2018), 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 will be available to answer any remaining questions.