

PRSRRT STD  
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TWIN CITIES, MN  
PERMIT NO.

Registration Opens Oct. 19 at 8 AM

See pg. 12 for details



Elm Creek  
Park Reserve

12400 James Deane Parkway  
Maple Grove, MN 55369



# Elm Creek

## SKI & SNOWBOARD LESSONS



ThreeRiversParks.org

# elm creek

your winter playground

## What's Here:

**SKI/SNOWBOARD AREA**, rope tows, several runs and a terrain park with jumps and rails. Adult and children's ski and snowboard lessons are offered, along with equipment rental.

**SNOW TUBING HILL**, lanes that vary in speeds from slow to fast and have long run-outs for safety. Group opportunities available.

**CROSS-COUNTRY SKIING**, 18.5K of groomed trails for traditional and skate skiing, including 5.8K of lighted trails and 2.5K of trails with snowmaking for guaranteed skiing.



Welcome to Elm Creek, your playground for winter fun. Slide down the snow tubing hill, hit the cross-country ski trails, enjoy skiing/snowboarding, or kick back in the comfortable chalet. Visit Elm Creek this winter and take a break from your everyday life.



## RENTAL SPACES – ELM CREEK CHALET

Warm and inviting, the lodge is a beautiful facility for your next event. The building seats 200+ people and features a full-menu cafeteria, coffee bar, huge timber-and-fieldstone fireplace, cathedral-style ceiling, and large windows overlooking the area. Available to rent from April through October for weddings, celebrations, corporate gatherings, and other events. Call 763-559-6700 for more information.

## Hours of Operation\*

(Early December through mid-March, depending on weather.)

### SKIING/SNOWBOARDING AREA

Monday–Friday: 3–9 PM

Saturday–Sunday & Holidays\*: 9 AM–9 PM

### CHALET HOURS

Monday–Friday: 9 AM–9 PM

Saturday–Sunday & Holidays\*: 8 AM–9 PM

\*Holidays: Dec. 23–Jan. 2, Jan. 17 & Feb. 21; closed after 3 PM on Dec. 24 and all day on Dec. 25

## Rates and Rentals\*\*

Daily Downhill Ski or Snowboard Pass .....	\$17
10 Visit Pass (10 all-day tickets) .....	\$140
Season Pass .....	\$229
Downhill Skis, Boots and Poles .....	\$20.50
Snowboard and Boots .....	\$20.50
Helmet .....	\$7.50

Sales tax not included.

\*\*For tubing or cross-country ski hours and rates, visit [ThreeRiversParks.org](http://ThreeRiversParks.org).



### TUBING

Speed down the tubing hill at Elm Creek and ride a moving sidewalk back to the top. From steeper chutes for the more daring to a laid-back ride on slower lanes, there's something for the whole family.

Open Wednesday–Sunday; check [ThreeRiversParks.org](http://ThreeRiversParks.org) for hours and rates.



## Work at Elm Creek, Get Great Benefits!

Free season pass, competitive wages, fast-paced, flexible hours, and more. Variety of employment opportunities at [ThreeRiversParks.org/employment](http://ThreeRiversParks.org/employment).



### CROSS-COUNTRY SKIING

Peacefully explore the park while getting a great, low-impact workout. Elm Creek offers 18.5K of groomed cross-country ski trails, including 5.8K with lights and 2.5K with snowmaking. Lessons available.

[ThreeRiversParks.org](http://ThreeRiversParks.org) for hours and rates.



# youth ski and snowboard lessons

## ► Quality instruction

Whether you are on skis or a snowboard for the first time or are seeking to improve your technique, a variety of programs are available for people of all ages and abilities.

To maximize skill improvement, students are separated by age and ability and evaluated for placement on the first day of class.

**All lessons include lift ticket.**

## JUNIOR SKI LESSONS – MINI SESSION

**Ages 3–4**

**Two 1.5-hour lessons, \$110**

Optional: Helmet \$14

Enjoy on-snow fun and creative learning as your child practices skiing fundamentals. A parent/guardian with skiing experience is required to participate on skis; maximum one child per adult. Parents play an active part in teaching by using learning tethers as directed by the instructor. Rental equipment, learning tethers and lift ticket included for both parent/guardian and child. Designed for young first-time skiers.

Dates	Start Times
<b>Saturday/Sunday</b> – Activity #9ELM7007	
Dec 18, 19	9 AM, 1 PM
<b>Mondays</b> – Activity #9ELM7007	
Jan 3, 10	5:30 PM
Jan 24, 31	5:30 PM
Feb 7, 14	5:30 PM
Feb 28, Mar 7	5:30 PM

## YOUTH SKI LESSONS

**Ages 5-17**

**Three 1.5-hour lessons, \$135**

Optional: Equipment \$10 | Helmet \$20

Learn to ski or improve technique with small group instruction and fun in this signature Ski Kids program. Become self-sufficient by learning how to turn, stop and control speed. All skill levels welcome.

Dates	Start Times
<b>Thursdays</b> – Activity #9ELM8005	
Jan 6, 13, 20	6:30 PM
Jan 27, Feb 3, 10	6:30 PM
Feb 17, 24, Mar 3	6:30 PM
<b>Fridays</b> – Activity #9ELM8006	
Jan 7, 14, 21	6:30 PM
Jan 28, Feb 4, 11	6:30 PM
Feb 18, 25, Mar 4	6:30 PM
<b>Saturdays</b> – Activity #9ELM8007	
Jan 8, 15, 22	9 AM, 11 AM, 1 PM, 3 PM
Jan 29, Feb 5, 12	9 AM, 11 AM, 1 PM, 3 PM
Feb 19, 26, Mar 5	9 AM, 11 AM, 1 PM, 3 PM
<b>Sundays</b> – Activity #9ELM8001	
Jan 9, 16, 23	9 AM, 11 AM, 1 PM, 3 PM
Jan 30, Feb 6, 13	9 AM, 11 AM, 1 PM, 3 PM
Feb 20, 27, Mar 6	9 AM, 11 AM, 1 PM, 3 PM





## YOUTH SKI LESSONS – PASSPORT PROGRAM

**Ages 5-17**

**Six 1.5-hour lessons, \$255**

Optional: Equipment \$10 | Helmet \$32

Develop your skiing skills with experienced instructors in this signature passport program. All skill levels welcome.

Dates	Start Times
<b>Saturdays</b> – Activity #9ELM8027	
Dec 18, Jan 1, 8, 15, 22, 29	9 AM, 11 AM, 1 PM, 3 PM
Feb 5, 12, 19, 26, Mar 5, 12	9 AM, 11 AM, 1 PM, 3 PM
<b>Sundays</b> – Activity #9ELM8021	
Dec 19, Jan 2, 9, 16, 23, 30	9 AM, 11 AM, 1 PM, 3 PM
Feb 6, 13, 20, 27, Mar 6, 13	9 AM, 11 AM, 1 PM, 3 PM

## YOUTH SKI LESSONS – WINTER BREAK SESSION

**Ages 5-17**

**Three 1.5-hour lessons, \$135**

Optional: Equipment \$10 | Helmet \$20

Improve your skills, ski more terrain and prepare for the remainder of the winter season with concentrated instruction. Enjoy your break from school and spend free time with your friends in this popular winter break Ski Kids program. All skill levels welcome.

Dates	Start Times
<b>Thursday, Friday, Sunday</b> – Activity #9ELM8100	
Dec 23, 24, 26	9 AM, 11 AM, 1 PM
Dec 30, 31, Jan 2	9 AM, 11 AM, 1 PM, 3 PM
<b>Monday, Tuesday, Wednesday</b> – Activity #9ELM8100	
Dec 27, 28, 29	9 AM, 11 AM, 1 PM, 3 PM

## YOUTH SNOWBOARD LESSONS

**Ages 5-17**

**Three 1.5-hour lessons, \$135**

Optional: Equipment \$10 | Helmet \$20

Discover snowboarding with instructors who specialize in freeriding, ripping the hill, beginning slopestyle and park riding. Become self-sufficient in this signature Snowboard Jam program by learning how to turn, stop and control speed. All skill levels welcome.

Dates	Start Times
<b>Thursdays</b> – Activity #9ELM8505	
Jan 6, 13, 20	7 PM
Jan 27, Feb 3, 10	7 PM
Feb 17, 24, Mar 3	7 PM
<b>Fridays</b> – Activity #9ELM8506	
Jan 7, 14, 21	7 PM
Jan 28, Feb 4, 11	7 PM
Feb 18, 25, Mar 4	7 PM
<b>Saturdays</b> – Activity #9ELM8507	
Jan 8, 15, 22	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Jan 29, Feb 5, 12	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Feb 19, 26, Mar 5	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
<b>Sundays</b> – Activity #9ELM8501	
Jan 9, 16, 23	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Jan 30, Feb 6, 13	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Feb 20, 27, Mar 6	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM

**All lessons include lift ticket.**



## YOUTH SNOWBOARD LESSONS – PASSPORT PROGRAM

**Ages 5-17**

**Six 1.5-hour lessons, \$255**

Optional: Equipment \$10 | Helmet \$32

Develop your snowboarding skills with experienced instructors in this signature snowboard passport program. All skill levels welcome.

Dates	Start Times
<b>Saturdays</b> – Activity #9ELM8516	
Dec 18, Jan 1, 8, 15, 22, 29	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Feb 5, 12, 19, 26, Mar 5, 12	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
<b>Sundays</b> – Activity #9ELM8511	
Dec 19, Jan 2, 9, 16, 23, 30	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
Feb 6, 13, 20, 27, Mar 6, 13	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM



## YOUTH SNOWBOARD LESSONS – WINTER BREAK SESSION

**Ages 5-17**

**Three 1.5-hour lessons, \$135**

Optional: Equipment \$10 | Helmet \$20

This very popular Holiday Snowboard Jam program is for young snowboarders. Concentrated instruction improves your skills for freeriding, slopestyle or park riding. Enjoy your school break with your friends on the snow! All skill levels welcome.

Dates	Start Times
<b>Thursday, Friday, Sunday</b> – Activity #9ELM8605	
Dec 23, 24, 26	9:30 AM, 11:30 AM, 1:30 PM
Dec 30, 31, Jan 2	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM
<b>Monday, Tuesday, Wednesday</b> – Activity #9ELM8605	
Dec 27, 28, 29	9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM





## THE END IS GNAR RAIL JAM

All Ages, \$10

Throw down your best and biggest tricks to compete prizes. Jam to music and grab some food. Divisions are open ski, women's, open snowboard and snowboard (16 years and younger). Daily lift ticket not included. Completed and signed waivers required. 10 AM registration; 12 PM competition.

Dates	Start Time
<b>Saturday</b> – Activity #9ELM0300	
Mar 12	10 AM



## TWINTIP X TEAM

Ages 6-18, \$449

Develop your skills through friendly competition, big air techniques, skiercross and freestyle maneuvers with this introductory twintip skiing competition team coached by Elm Creek SnowSports Academy staff. Freestyle skiing is a wild combination of skiing and acrobatics over jumps, rails and boxes. Team members must have their own equipment, be at least intermediate riders and be able to ride tow ropes unassisted. This club-style program includes an Elm Creek season pass and Elm Creek apparel. An informational meeting will be held online for registered team members on Thursday, December 9 at 6 PM.

Dates	Times
<b>Sundays &amp; Thursdays</b> – Activity #9ELM8905	
Dec 19*-Mar 3	9 AM-12 PM Sun 6:30-8 PM Thu

\*Start date for teams dependent on snow.





## SNOWBOARD X TEAM

**Ages 6-18, \$449**

Improve your skills in slopestyle, big air and boardercross with this introductory snowboard competition team coached by Elm Creek SnowSports Academy staff. Team members must have their own equipment, be at least intermediate riders and be able to ride tow ropes unassisted. This club-style program includes an Elm Creek season pass and Elm Creek apparel. An informational meeting will be held online for registered team members on Thursday, December 9 at 6 PM.

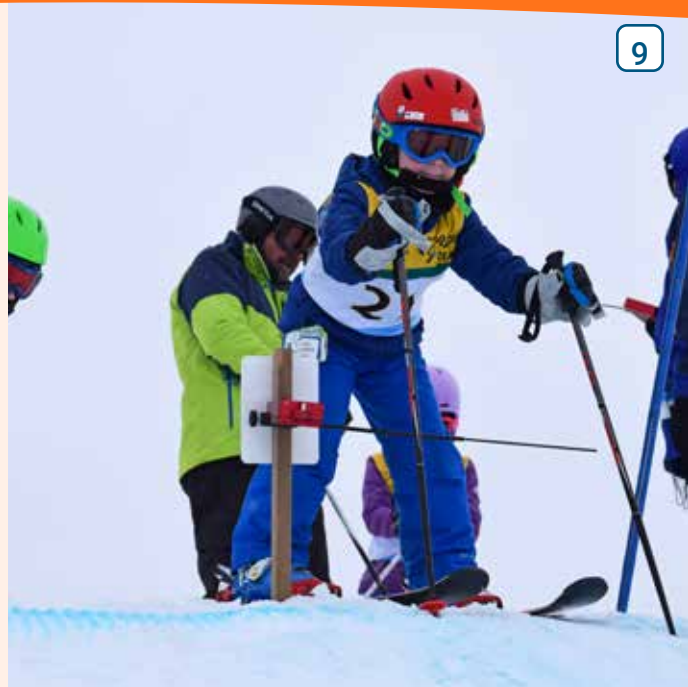
### Dates

### Times

**Sundays & Thursdays** – Activity #9ELM8900

Dec 19\*-Mar 2

9 AM-12 PM Sun  
6:30-8 PM Thu



## ALPINE JUNIOR RACE TEAM

**Ages 6-18, \$449**

This introductory ski racing program is coached by Elm Creek SnowSports Academy staff and includes races with local area teams. Emphasis is on skill improvement through race techniques, course skills and ski training. Team members must have their own equipment, be at least intermediate riders and be able to ride tow ropes unassisted. This club-style program includes an Elm Creek season pass and Elm Creek apparel. An informational meeting will be held online for registered team members on Thursday, December 9 at 6 PM.

### Dates

### Times

**Sundays & Thursdays** – Activity #9ELM8910

Dec 19\*-Mar 2

9 AM-12 PM Sun  
6:30-8 PM Thu

# competitive teams

\*Start date for teams dependent on snow.



### ADULT SKI LESSONS

**Ages 18+**

**Three 1.5-hour lessons \$90**

Optional: Equipment \$10 | Helmet \$20

Learn to ski for the first time or improve your freeskiing skills or carving technique with some of the most experienced instructors on staff. All skill levels welcome.

**Dates** **Start Time**

**Thursdays** – Activity #9ELM9005

Jan 6, 13, 20 6:30 PM

Jan 27, Feb 3, 10 6:30 PM

Feb 17, 24, Mar 3 6:30 PM

**Fridays** – Activity #9ELM9006

Jan 7, 14, 21 6:30 PM

Jan 28, Feb 4, 11 6:30 PM

Feb 18, 25, Mar 4 6:30 PM

### ADULT SNOWBOARD LESSONS

**Ages 18+**

**Three 1.5-hour lessons \$90**

Optional: Equipment \$10 | Helmet \$20

Get on a board for the first time or improve your freeriding, park or slopestyle technique with some of the best instructors on staff. All skill levels welcome.

**Dates** **Start Times**

**Thursdays** – Activity #9ELM9015

Jan 6, 13, 20 7 PM

Jan 27, Feb 3, 10 7 PM

Feb 17, 24, Mar 3 7 PM

**Fridays** – Activity #9ELM9016

Jan 7, 14, 21 7 PM

Jan 28, Feb 4, 11 7 PM

Feb 18, 25, Mar 4 7 PM

# adult ski and snowboard lessons

▶ **Just for you**

Whether you want to brush up on your skiing skills or give snowboarding a try, excellent instructors help you feel comfortable out on the hills. Private and semi-private lessons are available for even more focused instruction.

**All lessons include lift ticket.**

## Private/Semi-Private Lessons

Whether you are a beginner or an expert, personal instruction allows you to learn at your own pace and realize your goals. Professional instructors focus on making you a better skier or snowboarder in a fun, relaxed environment. All private lessons include a lift ticket; equipment rental is available at a discounted rate. Scheduling is based on instructor availability. Call 763-694-2050 to schedule; lessons for one person can also be scheduled online.

### PRIVATE SKI LESSONS

Ages 4+.

Mondays–Fridays: 3 PM, 5 PM or 7 PM

Weekends & Holidays: 9 AM, 11 AM, 1 PM or 3 PM

### SNOWBOARD

Ages 5+.

Mondays–Fridays: 3 PM, 5 PM or 7 PM

Weekends & Holidays: 9:30 AM, 11:30 AM, 1:30 PM or 3:30 PM

### RATES

Private Ski or Snowboard Lesson (1.5 hours).....\$52

Additional person for a semi-private lesson\*..... \$38

Discounted lesson equipment rental.....\$10

Helmet .....\$7.50

Prices include sales tax.

*\*Semi-private lessons have a limit of two people who must be of similar age and ability.*



## Three Rivers Alpine Patrol



Join this nationally recognized group of volunteers!

- Obtain Outdoor Emergency Care certification
- Sharpen your ski or snowboard skills
- Gain leadership skills
- Enjoy Park District and National Ski Patrol discounts

Highly motivated, enthusiastic skiers and snowboarders are encouraged to apply. Stop by Guest Services for more information.

**INFORMATION: Elm Creek Chalet, 763-694-2050 • ECSSA@ThreeRiversParks.org**

## Learn Your Responsibility Code



Your Responsibility Code is a compilation of slope safety rules used universally at U.S. resorts. Please review Your Responsibility Code and share the information with your friends and children.

Three Rivers Park District is committed to promoting slope safety. In addition to those using traditional alpine ski equipment, others on the

slopes include snowboarders, telemark or cross-country skiers, skiers with disabilities, and skiers with specialized equipment. Always show courtesy to others and be aware that there are elements of risk in skiing and snowboarding that common sense and personal awareness can help reduce. Know your ability level and stay within it. Observe Your Responsibility Code for a great SnowSports experience.

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

**Know the Code. It's your responsibility. This is a partial list. Be safety conscious.**

**Officially endorsed by: National Ski Areas Association.**

Elm Creek freestyle terrain areas are designated with an orange oval and may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bump terrain and other constructed or natural terrain features. They are provided for your enjoyment and offer adventure, challenge and fun. However, freestyle terrain use, like all skiing and riding, exposes you to the risk of serious injury. Prior to using freestyle terrain, it is your responsibility to familiarize yourself with all instructions and warning signs, and to follow Your Responsibility Code. Freestyle skills require maintaining control on the ground, and in the air. Use of freestyle terrain exposes you to the risk of serious injury or death.

# registration

## Register Online

VISIT [THREERIVERSPARKS.ORG/PROGRAMS](http://THREERIVERSPARKS.ORG/PROGRAMS)

- To create a new account: Click “Need an account?” and complete the requested information.
- If your account already exists and you don’t know the password: Click “Forgot your password?” to receive an email to update your password.

Note: Be sure to include birthdays for everyone you are registering.

CALL 763.559.6700 FOR ASSISTANCE

Competitive Teams  
 Youth and Adult Lessons  
 Private Lessons

Begins  
 Sept. 15  
 Oct. 19  
 Nov. 9

Questions?  
 Call 763-694-2050

## Lesson Policies

**Check in at least one hour early** on the first day of your lesson. Parking is limited at the chalet; please allow a few extra minutes for the shuttle.

**Missed Lessons/Refunds**  
No refunds are given for missed lessons.

**Cancellations/Rescheduling**  
Lessons may be cancelled or rescheduled at least seven days before the start or your first class. Less than seven days before your class starts, there are no refunds and a \$40 rescheduling fee applies.

**Weather Closures**  
Lessons missed due to weather closures will be made up as determined by management. The SnowSports Academy will close when the onsite air temperature reaches -25°F or windchill temperatures reach -35°F. Call 763-694-2050 for details.



Determining Skill Level for Lessons		
LEVEL	SKIING	SNOWBOARDING
NEVER	Never skied	Never boarded
BEGINNER	Makes wedge turns	Skidded turns only
	Occasionally match skis	Beginning to carve on toe and heel side
ADVANCED	Skis parallel	Carves, rides fakie, some jumps
EXPERT	Skis all slopes in all conditions	Does all jumps and rides park