

ski buddies

Tuesdays - During ski season

12 noon - 1 p.m.

Bring your lunch and get ready to ski!

Afternoon ski starts at 1 p.m.

Head on the trails with others interested in meeting new Ski Buddies!

Regular trail fees apply. Rental equipment available.

- Checkout the outdoor section starting on page 64 for outdoor programs and special events
- 12 km of groomed and track set cross country ski trails
- Group and private lessons for children and adults
- Cross country ski and snowshoe rental equipment
- Modern pine lodge with wireless internet: perfect for camps, retreats, reunions and meetings
- Ski or snowshoe into winter tenting campsites
- Create your perfect camp or get-away: pick a place to stay and book programs for learning and getting active
- Located at 52535 Range Road 212 - Just 20 minutes east of Sherwood Park on Township Road 530 (Baseline Road) and Range Road 212
- Use these GPS coordinates: N 53° 31.957' W 112° 59.964'

Strathcona
WILDERNESS
Centre



*your four season outdoor
adventure centre*

www.strathcona.ab.ca/wildernesscentre
swcinfo@strathcona.ab.ca
780-922-3939





 Sign up for the cross-country ski bulletin at www.strathcona.ca/wildernesscentre

Winter Sports 2011 - 2012 Season

- Groomed trails, classic and skating
- Skiers lounge and indoor washrooms
- Please leave your pets at home - enjoy viewing our wildlife!

Day passes

Youth	\$1.70
Adult	\$4.50
Family	\$9.00
Senior Weekday	\$2.75

Season passes (Nov-Mar)

Youth	\$13.35
Adult	\$35.00
Family	\$71.50
Senior Weekday	\$22.25

Spring season passes (Feb-Mar)

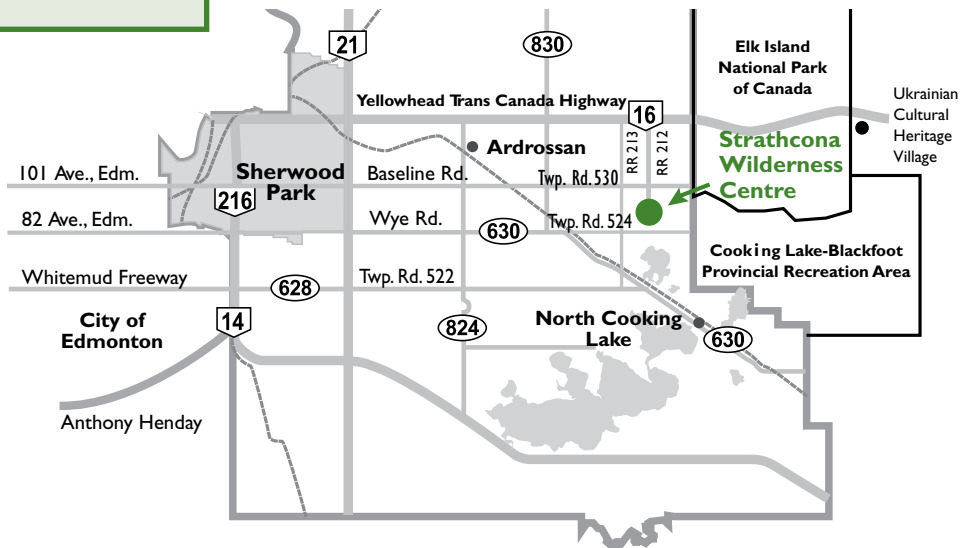
Youth	\$6.65
Adult	\$16.70
Family	\$35.65
Senior Weekday	\$11.00

Ski & Snow equipment rentals

- First come first served - no reservations
- Complete packages and partial sets available
- Rentals for use only within the park
- Ski rental rate is for up to 3 hours
- Baby glider and preschool skis rental rate for up to 2 hours
- Rentals available up to 2 hours before closing

Youth ski package (waxless)	\$10.60
Adult ski package (waxless)	\$13.00
All terrain snowshoes	\$7.00
Preschool skis	\$2.75
Baby glider (ski pulk)	\$2.75
Performance skate ski package (skis, boots & poles)	\$16.25

*all prices include GST



Only 20 minutes east of Sherwood Park on Township Road 530 (Baseline Road) and Range Road 212. Coordinates: N 53° 31.957 W 112° 59.964

Hours of Operation

Nov 2011 to Jan 2012	9 am - 4:30 pm daily
Feb 2012 to Mar 2012	9 am - 4:30 pm weekdays
	9 am - 6 pm weekends
	(while ski conditons are good)

Contact info: swcinfo@strathcona.ab.ca
780-922-3939

Special Events

Winter Active Days

New Year's Day & World Snow Day

Sunday, January 1 & Sunday, January 22

1 p.m. - 4 p.m.

Dress warmly, bring a mug, and head to the Strathcona Wilderness Centre for a day of winter fun! Activities will include:

- snowshoeing, cross country skiing and treats!
- Toonie Ski Lessons (one hour): 1 p.m., 2 p.m. or 3 p.m.
- Toonie Snowshoe Ramble (one hour): 2 p.m. or 3 p.m.
- Campfire with hot chocolate, bannock and much, much more!
The fire will be going from 1 - 4 p.m.

Registration for programs on-site. Check the website for updates.

Family Day Monday, February 20

Winter Play Day

Everybody gets to play™
Recreation without barriers

Free, fun, active winter activities for the family are waiting in the snow. Celebrate play and getting back to the basics - the kind of activities that come naturally to kids! Play Days are a celebration of culture and community to celebrate play, encourage the benefits of year-round play and support development of healthy active and creative children.

Ski the Canadian Birkebeiner

Saturday, February 11

Blackfoot Provincial Recreation Area

- Celebrate the adventure of the rescue of the infant prince by two Birkebeiner warriors near Lillehammer, Norway
- Participate in events ranging from 2 - 55 km
- To register contact the Canadian Birkebeiner Society online at www.canadianbirkie.com/ or e-mail ski@canadianbirkie.com

Homeschool Programs

Homeschool snowshoe lesson and tour

For home schooled students in grades 4, 5 and 6 come out and enjoy a two day snowshoe lesson and tour. The first lesson will include an introduction to snowshoeing, the history, equipment and physical use, as well as some fun active games on the snow. The second lesson will be a trail tour where students will hike the trails and participate in an interpretive walk that will incorporate parts of the Discover Forests and Trees curriculum. This is a great way to get out and be active while learning interesting facts about the environment. Snowshoe rental is included in the fee.

Age: 8Y - 12Y		Max 30
Strathcona Wilderness Centre	Information Centre #1	
75237	Jan 25 to Feb 1	Wed
	9:30 - 11:30 am	\$30.00



While all events will cancel at temperatures less than -15°C, the Wilderness Centre will remain open.
Please call for details: 780-922-3939

Moonlight ski (family)

Our popular moonlight skis are back this year. Join us for an evening of touring the trails by moonlight, followed by the opportunity to gaze at the moon through astronomy equipment. Dress warmly! Children under 14 years must be accompanied by a participating adult.

Age: 6Y+		Max 30
Strathcona Wilderness Centre	Information Centre #1	
75241	Jan 6	Fri
	8 - 10:30 pm	\$15.75
75242	Feb 3	Fri
	7 - 9:30 pm	\$15.75

Teachers Convention

Youth introduction to X-C skiing

Come on out for a great introduction to the extraordinary sport of Cross Country Skiing. Enjoy some fun games, some fun people and a lovely trail tour. Additional fee for rental equipment.

Age: 6Y - 12Y		Max 24
Strathcona Wilderness Centre	Information Centre #1	
75246	Feb 10	Fri
	1:30 - 3:30 pm	\$15.00

The Great Pastry Caper

Sunday, March 11

1 - 4 p.m.

Join us for an afternoon of skiing, food, fellowship and fun as you search for clues to solve the mystery of the Caper. Arrive dressed for an outdoor adventure...the details of the Caper will be a guarded secret until event day! Regular trail fees apply.

Homeschool X-C ski lessons

For home schooled students who are looking to get out and learn to XC Ski this 6 week program is for you. Our certified instructors will introduce the fundamentals of XC Skiing, stance and balance, turning, stopping, diagonal stride, and moving up and down hills. Students will be divided into age and skill appropriate groups. Come out and get active in the snow! Ski rentals and trail pass included during the program. If this time does not work for you call Adam Binder, the Outdoor Recreation Programmer and a lesson can be created for you.

Age: 5Y - 15Y		Max 30
Strathcona Wilderness Centre	Information #1	
75238	Jan 10 to Feb 14	Tue
	1 - 3 pm	\$90.00

Private Lessons

Please call 780-922-3939 or email swcinfo@strathcona.ab.ca to arrange for private or small group lessons



SWC Jackrabbit X-C Ski Program

'Jackrabbits' is a nationally recognized program through Cross Country Canada that will teach age appropriate skill progressions for your child. At SWC we offer programs for Bunnies up to Level 6.

- A Youth Season Ski Pass for SWC is included.
- Season rental packages are available.
- Classes will be cancelled at temperatures below -15C.
- When registering please provide an email address
- All programs are led by qualified instructors/coaches
- Participants in all programs will receive a booklet to keep track of their progress.
- Please register based on age. Instructors will assess Jackrabbits and place them in the appropriate level.

*There will not be classes on Feb 11, the day of the Birkebeiner.

Bunnies X-C ski program

Through active play on skis children will learn balance, gliding and basic FUNdamental skills that will get them started in the wonderful sport of XC Skiing.

Age: 3Y - 6Y	Max 24
Strathcona Wilderness Centre	Information Centre #2
75230	Jan 7 to Mar 3
	Sat
	1 - 3 pm
	\$85.00

Jackrabbits X-C ski program (level 1)

Level 1 teaches the FUNdamental skills to beginning young XC skiers. They will learn the basics of stance and balance, turning, stopping, diagonal stride, and moving up and down hills.

Age: 6Y - 8Y	Max 16
Strathcona Wilderness Centre	Information Centre #2
75221	Jan 7 to Mar 3
	Sat
	1 - 3 pm
	\$95.00

Jackrabbits X-C ski program (level 2)

Level 2 further develops the FUNdamental skills and introduces students to gliding, herring bone, double polling, and snow plow turns.

Age: 8Y - 12Y	Max 16
Strathcona Wilderness Centre	Information Centre #2
75239	Jan 7 to Mar 3
	Sat
	1 - 3 pm
	\$95.00

Jackrabbits X-C ski program level 3 & up

Our instructors will work individually with students at their level. The class will focus on weight shift, propulsion, advanced techniques, and an introduction to ski skating. All participants will receive a booklet designed to keep track of their progression.

Age: 8Y - 16Y	Max 8
Strathcona Wilderness Centre	Information Centre #2
75240	Jan 7 to Mar 3
	Sat
	1 - 3 pm
	\$95.00

Jackrabbits and Bunnies family fun day

Following a season of hard work on your skis, join our instructor team for races, a celebration of achievements and of course hot chocolate and tasty treats! This program is restricted to all Bunny and Jackrabbit participants and their families.

Saturday, March 10 1 - 4 p.m.

Learn to ski while your children are in Jackrabbits. See First strides and Stridefurther on page 68.

Learn to Ski Programs

- A day trail pass is included for all programs
- Additional fees apply for equipment rentals. See page 65 for rates.
- Classes will be cancelled at temperatures below -15C.
- When registering please provide an email address
- All programs are led by certified NCCP coaches and CANSI Instructors
- There will be no classes on Feb 11, the day of the Birkebeiner.

Call 780-922-3939 to register for private or group lessons.

Track attack

For those who are interested in expanding their skiing experience, the Track Attack group will offer fun and fitness, further developing ski skills with optional ski outings, competitions and weeknight training sessions.

Age: 9Y - 16 Y		Max 15
Strathcona Wilderness Centre	Information Centre #2	
76055	Jan 7 to Mar 3	Sat
	1 - 3 pm	\$95.00

IMPROVE YOUR SKIING IN A DAY

Adult introduction to X-C skiing

If you have never Cross Country skied before, or have skied but never taken a lesson, this program is for you. Designed to introduce participants to Cross-Country Skiing: Classic Technique, the program will focus on gaining comfort on skis, weight shift, flat terrain and hill techniques. Discussion of proper equipment, dress and trail etiquette will be included.

Age: 13Y+		Max 24
Strathcona Wilderness Centre	Information Centre #2	
75223	Jan 14	Sat
	9:30 - 11:30 am	\$42.00
75225	Jan 22	Sun
	1 - 3 pm	\$42.00
75222	Feb 12	Sun
	9:30 - 11:30 am	\$42.00
75224	Feb 26	Sun
	1 - 3 pm	\$42.00

Adult learn to X-C ski skate

Try out the technique of ski skating with our qualified instructors. Its fun, it's fast, and it will extend your ski season! Try our new performance skate skis and boots. Additional fee for equipment rental apply.

Age: 13Y+		Max 8
Strathcona Wilderness Centre	Information Centre #1	
75228	Jan 22	Sun
	9:30 - 11:30 am	\$42.00
75226	Feb 25	Sat
	9:30 - 11:30 am	\$42.00

Junior X-C Ski Coach

Volunteer at the Strathcona Wilderness Centre and begin your path to becoming a Cross Country Ski Coach. This Program is designed to provide valuable ski training and instructor experience for the commitment of assisting with the Jackrabbit Cross Country Ski programs at SWC.

Program begins January 7th and runs to March 10th, 2012 with one day in December 2011 for the Intro to Community Coaching course on December 3rd.

Programs will run from 10:00 am to 4:00 pm every Saturday with a 1 hour break for lunch. Youth ages 14-17Y

For more information contact **Adam Binder at (780) 922-3939** or email binder@strathcona.ab.ca

Firststrides: adult learn to X-C ski

For beginner or intermediate skiers, this program will provide learning throughout the season with our qualified ski instructors. We will begin with the basics of weight shift, diagonal stride and double pole and will progress to up and down hill manoeuvres, step turns and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be taught.

Age: 13Y+		Max 16
Strathcona Wilderness Centre	Information Centre #1	
75235	Jan 7 to Feb 18	Sat
	1 - 3 pm	\$241.50

Stride further: adult intermediate X-C ski

This program is for classical skiers who have taken lessons before and are comfortable with diagonal stride and basic hill manoeuvres. The program is designed to improve your technique, introduce advanced skills, and enhance your uphill and downhill manoeuvres.

Age: 13Y+		Max 8
Strathcona Wilderness Centre	Information Centre #2	
75244	Jan 7 to Feb 18	Sat
	1 - 3 pm	\$241.50

Ski Masters

Join our qualified instructors/coaches as they lead you through skill progressions and ski touring/racing tips that will improve your efficiency and fun on the trails. Discussion topics will include equipment, waxing, training tips and networking with other skiers. This program is suited to intermediate or advanced skiers.

Age: 13Y+		Max 16
Strathcona Wilderness Centre	Information Centre #1	
75243	Jan 7 to Feb 18	Sat
	1 - 3 pm	\$241.50

CANSI prep, Level 1, Level 2 and refresher courses are available at SWC. Please call for more information.