

Strathcona Wilderness Centre

52535 Range Road 212, Ardrossan
 swcinfo@strathcona.ca 780-922-3939
www.strathcona.ca/wildernesscentre

REGISTRATION STARTS
 November 26

A new registration system, **Recreation Online**, is coming in the new year! See page 1 for details.

OUTDOORS

Winter Programs

Strathcona County X-C ski programs support Canada's Sport for Life Long-Term Athlete Development guideline. The activities taught in our programs align with the developmental abilities of our participants based on their age. This promotes the physical and social wellbeing of each participant.

Find out more information at www.ltad.ca

Active Start

- Nordiq Canada (Cross Country Canada) encourages children to be involved in lifelong activity and to begin cross country skiing at an early age through the Bunnies program. This is an essential period of acquiring fundamental movement skills and lay the foundation for more complex movements.

FUNDamentals

- Fundamental movement skills are mastered, motor development emphasized, and basic cross-country skills learned. All the basic ski skills in classic and skating should be learned before the end of this period. To help children learn these skills, Nordiq Canada (CCC)'s Jackrabbit Program provides guidance on these skills.

Learning to Train

- Important period for motor development and optimal window of trainability for motor-coordination. Children are developmentally ready to acquire the general sport skills that are the cornerstone of their development. Nordiq Canada (CCC)'s Track Attack Program is designed to promote the continued development of physical literacy and fitness and enhance competence in the basic skills required to excel in cross country skiing.

Training to Train

- Important period for developing aerobic capacity which is especially critical for cross country skiing. Social and emotional considerations are very important. Team building, group interaction and social events emphasized. Strathcona Wilderness Centre's Track Attack Extreme Program provides training at this level.

Active for Life

- All Strathcona Wilderness Centre winter programs will keep you active for life.

REGISTRATION ON NOW!

Winter 2020

Jackrabbit X-C Ski Program

Jackrabbits is a nationally recognized program through Nordiq Canada (Cross Country Canada) that teaches age appropriate skill progressions for your child.

At SWC we offer programs from Bunnies up to Track Attack.

- A Youth Season Ski Pass for SWC is included.
- Season rental packages are available for program use only.
- Please register based on age. Instructors will assess Jackrabbits and Bunnies and place them in the appropriate level.
- When registering, please provide an email address.
- All programs are led by qualified instructors/coaches.
- Participants in the Jackrabbit and Bunnies programs will receive a booklet to keep track of their progress.

Bunnies X-C Ski Program - Parented

Active Start

Through active play on skis, children will learn balance, gliding and basic FUNdamental skills that will get them started in the wonderful sport of X-C Skiing. The program is instructed by qualified instructors/coaches. All participants will receive a fun booklet to keep track of their progression. Groups will be divided into Bunnies Levels 1, 2 and 3.

Bunnies level 1 is a parented program; participants in levels 2 and 3 may be un-parented at the instructor's discretion.

Age: 3Y - 6Y Max 15

Strathcona Wilderness Centre			
		Jan 11 to Mar 7	Sat
130638		10 am - 12 pm	\$119.00
130641	Including rentals	10 am - 12 pm	\$161.00
		Jan 11 to Mar 7	Sat
130637		1 - 3 pm	\$119.00
130640	Including rentals	1 - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130639		1 - 3 pm	\$119.00
130642	Including rentals	1 - 3 pm	\$161.00

Jackrabbit Fast Track

FUNdamentals

This program is designed for older youth who have not skied before or have had minimal instruction and wish to join the Jackrabbit program. During the 9 week session, the program will fast track the FUNdamentals of Jackrabbit Levels 1 and 2 and prepare participants for Jackrabbit Level 3. All participants will receive a booklet to keep track of their progress.

Age: 8Y - 16Y Max 10

Strathcona Wilderness Centre			
		Jan 11 to Mar 7	Sat
130805		10 am - 12 pm	\$119.00
130806	Including rentals	10 am - 12 pm	\$161.00
		Jan 9 to Mar 5	Thu
130807		6:15 - 7:45 pm	\$90.00
130808	Including rentals	6:15 - 7:45 pm	\$137.00

Jackrabbit X-C Ski Program Level 1

FUNdamentals

Level 1 teaches the FUNdamental skills to beginning young X-C skiers. Participants will learn the basics of stance and balance, turning, stopping, running step, and moving up and down hills. All participants will receive a booklet to keep track of their progress.

Age: 6Y - 8Y Max 16

Strathcona Wilderness Centre			
		Jan 11 to Mar 7	Sat
130810		10 am - 12 pm	\$119.00
130813	Including rentals	10 am - 12 pm	\$161.00
		Jan 11 to Mar 7	Sat
130809		1 - 3 pm	\$119.00
130812	Including rentals	1 - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130811		1 - 3 pm	\$119.00
130814	Including rentals	1 - 3 pm	\$161.00

Jackrabbit X-C Ski Program Level 2

FUNdamentals

Level 2 further develops the FUNdamental skills and introduces students to gliding, herringbone, double poling, and snow plow turns. All participants will receive a booklet to keep track of their progress.

Age: 6Y - 12Y Max 20

Strathcona Wilderness Centre			
		Jan 11 to Mar 7	Sat
130816		10 am - 12 pm	\$119.00
130819	Including rentals	10 am - 12 pm	\$161.00
		Jan 11 to Mar 7	Sat
130815		1 - 3 pm	\$119.00
130818	Including rentals	1 - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130817		1 - 3 pm	\$119.00
130820	Including rentals	1 - 3 pm	\$161.00

Jackrabbit X-C Ski Program Level 3 - 6

FUNdamentals

Our instructors will work individually with students at their level. The class will focus on weight shift, propulsion, advanced techniques, and an introduction to skate skiing. All participants will be divided into skill-level groups within the first 2 weeks of class. All participants will receive a booklet to keep track of their progress.

Age: 8Y - 16Y Max 16

Strathcona Wilderness Centre			
		Jan 11 to Mar 7	Sat
130831		10 am - 12 pm	\$119.00
130834	Including rentals	10 am - 12 pm	\$161.00
		Jan 11 to Mar 7	Sat
130830		1 - 3 pm	\$119.00
130833	Including rentals	1 - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130832		1 - 3 pm	\$119.00
130835	Including rentals	1 - 3 pm	\$161.00

Track Attack

Learning to Train ►

Track Attack (TA) is a Nordiq Canada (Cross Country Canada) program designed for youth who are at, or above, Level 4 of the Jackrabbit program. The TA program aims to challenge young skiers to develop their cross-country ski technical skills while training in a fun and positive team environment. In a group setting, they will learn about gear, waxing, wilderness safety, and the principles of racing. During dryland training in the fall, TA participants will learn team building skills and enhance their overall fitness levels. The on-snow portion of the program includes skill development in classic and skate techniques, and longer training ski sessions. Skiers will be introduced to a competitive component with participation in local events and races. SWC offers three Track Attack programs.

For more information please check out the TA information at www.strathcona.ca/trackattack

Track Attack

A once a week fall dryland program and twice a week winter on snow program for participants to develop their technical skills and participate in local events while training in a supportive team environment.

This course includes:

- 7 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 18 on-snow training sessions from December 5 - March 7
- 1 overnight on-snow camp on January 25 - 26
- 4 local cross country ski events

Omit: Dec 21, 26, 28, Jan 2, 4

Age: 9Y - 16Y				Max 16
Strathcona Wilderness Centre				
130858	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu	
	Dec 7 to Mar 7	9:30 - 11:30 am	Sat	
				\$512.00

Track Attack: An Intro

A once a week program for participants to develop their technical skills while training in a fun, supportive, and positive environment.

This course includes:

- 7 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 12 on-snow training sessions from December 5 - March 5

Omit: Dec 26, Jan 2

Age: 9Y - 14Y				Max 16
Strathcona Wilderness Centre				
130859	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu	
				\$312.00

Track Attack Extreme

Training to Train ►

TrackAttack Extreme (TAE) is the next stage of development for skiers who have completed the TrackAttack (TA) program or similar level and who want to increase their frequency and intensity of ski training. The TAE program will continue in the development of the overall fitness and ski specific skills while training in a dynamic team environment.

TAE participants will work on developing sound technique in both classic and skating in a group setting and provide a greater challenge with additional training days per week. The TAE program will meet 2 times a week for fall dryland training and 3 days a week for on snow training throughout the winter. Seasonal training plans will provide direction for uncoached workouts.

The program will begin with team building and dryland training in the fall to enhance overall fitness levels. The on-snow portion will provide more specific individualized training sessions in both technical and tactical skills in preparation for competitive events from local loppets to AB Cup events and AB Winter Games. The TAE program is part of Nordiq Canada (Cross Country Canada) Train to Train level of athlete development which has an emphasis on aerobic training which is especially critical for cross country skiing.

For further information please review the TAE information at www.strathcona.ca/trackattack

This course includes:

- seasonal training plans for each participant
- 13 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 27 on-snow training sessions from December 5 - March 7
- 1 cross country ski day trip at Elk Island National Park
- 1 overnight on-snow camp at SWC from 10 am January 25 to 2 pm January 26
- 4 local cross country ski events
- coaching in technique and tactics to compete in the Alberta Winter Games trials and, if selected, the Alberta Winter Games 2020

Individualized training programs for participants are included in the fee.

Omit: Dec 21, 26, 28, 29, Jan 2, 4

Age: 12Y - 16Y				Max 16
Strathcona Wilderness Centre				
130887	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu	
	Oct 19 to Mar 7	9:30 - 11:30 am	Sat	
	Dec 8 to Mar 8	9:30 - 11:30 am	Sun	
				\$712.00



HOME-SCHOOL

Snowshoe Lesson and Tour

FUNDamentals >

This program is designed to meet Phys. Ed curriculum outcomes for Grades 4 - 6. The program introduces the skills of snowshoeing combined with a snowshoe tour. The first lesson will include an introduction to the history of snowshoeing, equipment use and care, safety considerations, and the skills of snowshoeing through activities and games. The second lesson will involve an interpretive tour that will incorporate aspects of the Science curriculum. This is a great way to get outside, be active and learn all at the same time!

Age: 5Y - 16Y		Max 20
Strathcona Wilderness Centre		
130654	Jan 22 to Jan 29	Wed
	9:30 - 11:30 am	\$36.00

X-C Ski Lessons

FUNDamentals >

For home schooled students who are looking for activities in an alternate environment, this cross-country ski program is a perfect fit for your Phys. Ed. Curriculum. During this six week session, our certified instructors will introduce the fundamentals of cross-country skiing including stance and balance, turning, stopping, diagonal stride, and up and down hill techniques. Students will be assessed during the first lesson and moved into age and skill appropriate groups. Get active, meet other homeschool students and have fun in the snow! Day pass and rental equipment included for the program times.

If this time does not work for you call Adam Binder the Outdoor Recreation Programmer and a private lesson can be created for you. 780-922-3939

Age: 5Y - 17Y		Max 30
Strathcona Wilderness Centre		
130655	Jan 7 to Feb 11	Tue
	9:30 - 11:30 am	\$105.00



Photo credit: JaN Studios



Photo credit: JaN Studios

Youth and Teens

FUNDamentals >

Strathcona Wilderness Centre Snow Day

Come to SWC during Teachers Convention and experience the joys of winter with a fun filled day in the snow. Have a great time learning how to snowshoe and cross-country ski and enjoy a campfire lunch. Come prepared to spend the day outside: snow boots, pants, toque, mitts and jacket are a must. All other equipment and food for lunch will be provided. If you have dietary restrictions please bring any special food you may need.

Age: 8Y - 16Y		Max 30
Strathcona Wilderness Centre		
130849	Feb 6	Thu
	9 am - 4:30 pm	\$54.00

Youth Intro to X-C Skiing

Please join us to experience the extraordinary sport of cross-country skiing. Enjoy fun and games, great instructors, and an exciting trail tour. Day pass and rental equipment included.

Age: 8Y - 16Y		Max 24
Strathcona Wilderness Centre		
130851	Feb 7	Fri
	1:30 - 3:30 pm	\$24.00

Junior X-C Ski Coach

This program is designed for young individuals interested in becoming winter outdoor leaders. The program provides a unique combination of formal training through our Jackrabbit program, with work experience and mentoring. The program will include three components:

- 1) one day of skill development, safety training and introductory coaching processes;
- 2) registration in a Jackrabbit program (Fast Trax, JR 3 and up)
- 3) opportunity for work experience and mentoring in our Bunnies or JR I programs.

Opportunities will also be available for our Junior Coaches to gain experience in assisting with other outdoor programs and special events. Please contact Adam Binder for information and registration procedures at 780-922-3939 adam.binder@strathcona.ca.

Age: 13Y - 17Y		Max 10
Strathcona Wilderness Centre		
130836	Jan 11 to Mar 7	Sat
	10 am - 4 pm	\$154.00

Teen and Adult Learn to Ski

Active for Life 

Firststrides: Learn to X-C Ski

For beginner or intermediate cross-country skiers, this six week program will provide learning throughout the season with our qualified ski instructors. The course will begin with the basics of weight shift, diagonal stride and double pole, then 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 addressed. Day pass included. Additional fee for equipment rental will apply.

Omit: Feb 8, 9

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130650	1 - 3 pm	\$280.00
130651	Including rentals	1 - 3 pm \$342.00
	Jan 12 to Feb 23	Sun
130652	10 am - 12 pm	\$280.00
130653	Including rentals	10 am - 12 pm \$342.00

Evening Firststrides: Learn to X-C Ski

For beginner or intermediate cross-country skiers looking for a weeknight lesson, this six week program will provide learning throughout the season with our qualified ski instructors. The program will begin with the basics of weight shift, diagonal stride and double pole, then will progress to up and down hill maneuvers, step turns and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be addressed. Day pass is included. Additional fee for equipment rental will apply.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
	Jan 7 to Feb 11	Tue
130646	7 - 9 pm	\$280.00
130647	Including rentals	7 - 9 pm \$342.00
	Jan 9 to Feb 13	Thu
130648	7 - 9 pm	\$280.00
130649	Including rentals	7 - 9 pm \$342.00

Stridefurther: Intermediate XC Ski

This six week program is for cross-country skiers who have taken lessons before in classic technique and are comfortable with diagonal stride and basic hill manoeuvres. The program is designed to improve technique, introduce advanced skills, and enhance up and downhill manoeuvres. Day pass included. Additional fee for ski rentals will apply.

Omit: Feb 8

Age: 13Y+		Max 12
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130847	1 - 3 pm	\$280.00
130848	Including rentals	1 - 3 pm \$342.00

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 six week program is suited to intermediate or advanced skiers. Day pass included. Additional fee for ski rentals will apply.

Omit: Feb 8

Age: 13Y+		Max 15
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130845	1 - 3 pm	\$280.00
130846	Including rentals	1 - 3 pm \$342.00

Adaptive Learn to Ski Program (Para-Nordic)

The Adaptive Learn to Ski Program, or Para-Nordic, is a 6-week Learn to Ski Program for individuals of all abilities who have physical impairments and want the opportunity to participate in the sport of cross-country skiing. The program is designed to provide youth and adults with opportunities to learn how to ski with adaptive equipment, techniques, and methods in sit-ski or standing ski categories, including guided skiing for visually impaired.

Specialized equipment may be needed for participants who have reduced lower limb mobility. The sleds or sit-skis are available for participants to use during the program.

The purpose of the Adaptive Learn to Ski Program (Para Nordic) is to provide a safe and friendly social learning environment, with sessions on technical skill development, learning to be as independent as possible, and taking part in a great outdoor winter activity. As part of the program there are two local fun events which we encourage participants to take part in, as these events are a great opportunity for social interaction and to participate in the great sport of cross-country skiing.

Contact: Adam Binder at 780-922-3939.

Omit: Feb 19

Age: 16Y+		Max 12
Strathcona Wilderness Centre		
130912	Jan 15 to Feb 19	Wed
	6:30 - 8 pm	\$125.00

Birkie Rookie Package

This three week program will provide skill development and instruction to beginner cross-country skiers to introduce the fun of the Canadian Birkebeiner. This lesson will begin with the basics of weight shift, diagonal stride and double pole, then progress to up and down hill maneuvers and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be addressed. The program will prepare participants to ski the 13 km Birkie. Registration fee and access code to ski the 13 km Birkie on February 8, 2020 will be provided.

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
130635	Jan 19 to Feb 2	Sun
	1 - 3 pm	\$203.96
130636	Including rentals	Jan 19 to Feb 2
	1 - 3 pm	\$242.55

Improve Your Skiing in a Day

Active for Life

An additional fee for equipment rental will apply for all "Improve Your Skiing in a Day" programs.

Learn to X-C Ski Skate Technique

Try out the technique of skate skiing with our qualified instructors. It's fun, it's fast, and it will extend your ski season! Try our performance skate skis and boots. An additional fee for equipment rentals will apply. Day pass is included.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
130837	Dec 11 7 - 9 pm	Wed \$49.50
130841	Jan 10 7 - 9 pm	Fri \$49.50
130842	Jan 24 7 - 9 pm	Fri \$49.50
130839	Feb 1 10 am - 12 pm	Sat \$49.50
130843	Feb 14 7 - 9 pm	Fri \$49.50
130840	Feb 15 10 am - 12 pm	Sat \$49.50
130838	Mar 14 1 - 3 pm	Sat \$49.50

Introduction to X-C Skiing: Level I

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 skills and basic hill techniques. Discussion of proper equipment, dress and trail etiquette will be included. An additional fee for equipment rental will apply. Day Pass included.

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
130661	Jan 8 6:30 - 8:30 pm	Wed \$49.50
130657	Jan 11 10 am - 12 pm	Sat \$49.50
130658	Jan 18 10 am - 12 pm	Sat \$49.50
130662	Jan 29 6:30 - 8:30 pm	Wed \$49.50
130663	Feb 5 6:30 - 8:30 pm	Wed \$49.50
130664	Feb 12 6:30 - 8:30 pm	Wed \$49.50
130659	Feb 15 10 am - 12 pm	Sat \$49.50
130660	Mar 7 10 am - 12 pm	Sat \$49.50

X-C Skiing Level 2

For individuals who have taken Level 1 or have cross-country skiing experience, this course is for you. Designed to further progress participants in Classic Technique, the program will focus on strengthening the diagonal stride and weight shift, hill techniques and turning manoeuvres. Discussion on equipment and waxing will be included. An additional fee for rental equipment will apply. Day pass included.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
130850	Jan 25 10 am - 12 pm	Sat \$49.50



Photo credit: Jan Studios

Ski Coaching and Instructor Certifications

Full course descriptions are available on Click-it. Please contact Adam Binder to register at 780-922-3939.

CANSI Prep

Age: 16Y+		Max 16
Strathcona Wilderness Centre		
130644	Jan 12 10 am - 4 pm	Sun \$125.00

CANSI Level I Certification Course

Age: 16Y+		Max 16
Strathcona Wilderness Centre		
130643	Jan 25 to Jan 26 9 am - 6 pm	Sat/Sun \$250.00

Community Coaching (CC)

Age: 15Y - 99Y		Max 4
Strathcona Wilderness Centre		
130645	Dec 7 and Dec 8 8:30 am - 4:30 pm	Sat/Sun \$115.00

Learn to Train (L2T)

Dryland	Nov 2, 3	Sat/Sun
On snow	Nov 30 and Dec 1	Sat/Sun

Contact Adam Binder to register:
780-922-3939 or adam.binder@strathcona.ca

Special Events



Photo credit: JaN Studios

Winter Family Fun Days

New Year's Day: Monday, January 1

Family Day: Monday, February 17

1 - 4 pm

Dress warmly, bring a mug and head to the Strathcona Wilderness Centre for a day of winter fun! Enjoy a blazing campfire, hot chocolate and tasty treats for the whole family.

- Snowshoeing and Cross-country Skiing
- *Toonie Ski Lesson (1:30 pm or 3 pm) – equipment rental extra
- *Toonie Snow Shoe Ramble (2 pm) – equipment rental extra
- Regular trail and equipment rental rates apply.
- Proceeds from Toonie Lessons go to the Strathcona Food Bank.

Ski the Canadian Birkebeiner

February 7 to 9

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 2.5 to 55 km. To register contact the Canadian Birkebeiner Society online at www.canadianbirkie.com or email ski@canadianbirkie.com



For beginner cross-country skiers looking to experience the fun of the Canadian Birkebeiner check out the Birkie Rookie Package on Page 53.

Beat the Blues Boogie

March 8

The tradition continues with this year's edition of the "Beat the Blues Boogie", raising funds in the name of Roger Tetrault, with all entry fees donated to the Alberta Cancer Foundation. Participate in events ranging from 2 to 24 km. Register online on Zone 4. Host Club Fast Trax. Info: www.fasttraxathleticclub.com/btbb



Photo credit: JaN Studios

Photo credit: JaN Studios

Sunday, January 19 1 - 4 pm

Strathcona Wilderness Centre

Featuring the Beaver Hills Bioblitz Celebrating Stewardship

Join professional biologists from the Alberta Chapter of the Wildlife Society, Nature Alberta, the Beaver Hills Initiative and the SWC team for a fun day of outdoor winter activities featuring stewardship opportunities.

Activities include:

- Check out citizen science programs you can join
- Getting to know the wildlife of the moraine and how you can track it
- Test out demo ski equipment
- Warm up at a campfire with hot chocolate and tasty treats
- Visit www.strathcona.ca/wildernesscentre for more information



STRATHCONA WILDERNESS CENTRE

Ski the Beaver Hills Biosphere!



photo credit: JaN Studios



BEAVER HILLS BIOSPHERE
BEAVER HILLS INITIATIVE

Take a video tour of the centre
www.strathcona.ca/wildernesscentre

Go Cross-Country Skiing

- World Class groomed trails for classic and skate skiing
- Rent classic and skate skis
- Try out sit-skis and lessons for paranordic skiers
- Sign up for group or private lessons for beginners to advanced skiers, children and adults
- Sign up for school and group lessons
- Warm-up indoors in the skiers lounge

Go Snowshoeing

- Rent snowshoes for children and adults
- Sign up for group and school lessons
- Explore snowshoe and multipurpose trails

Stay a while

- Stay for the day or the weekend in our lodge with commercial kitchen
- Bundle up and ski or snowshoe to the tent-sites
- Cook meals on the wood stove in the cookhouse
- Bring the family, sports team, church or school group

View the abundant wildlife

- Enjoy spotting birds, moose and deer
- Leave your pets at home!

photo credit: Tristan Oluper



photo credit: JaN Studios





Day passes

Tots (under 2)	FREE
Child (2-12)	\$2.75
Youth (13-17)	\$3.25
Adult	\$7.00
Family	\$14.00
Senior	\$4.50



Season passes (Nov to Mar)

Child (2-12)	\$21.00
Youth (under 18)	\$25.00
Adult	\$55.00
Family	\$115.00
Senior	\$35.00

Spring season passes (Feb to Mar)

Child (2-12)	\$10.00
Youth (under 18)	\$12.50
Adult	\$28.00
Family	\$57.00
Senior	\$18.00

Ski and snow equipment rentals

- First come, first served - no reservations
- Complete packages and partial sets available
- Rentals for use only within the park
- Equipment rental rate is for up to 3 hours
- Rentals available up to 2 hours before closing
- Rental equipment must be returned 1 hour before closing
- Photo ID required to rent

Youth ski package (waxless)	\$13.00
Adult ski package (waxless)	\$16.00
Performance skate or skin ski package (skis, boots & poles)	\$20.00
All terrain snowshoes	\$8.75
Preschool skis	\$3.75
Baby glider (ski pulk)	\$3.75

*all prices include GST

Sign up for our X-C Ski Bulletin
www.strathcona.ca/wildernesscentre

Hours of Operation

9 am - 4:30 pm daily
 Closed: Christmas Day, Dec 25
 Easter Sunday, Apr 12

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

780-922-3939

swcinfo@strathcona.ca

www.strathcona.ca/wildernesscentre

