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TWIN CITIES, MN  
PERMIT NO. 93197



**Registration Opens Oct. 10 at 8 AM**  
See pg. 16 for details



**Hyland Hills Ski Area**  
8800 Chalet Road  
Bloomington, MN 55438  
763.694.7800

MIX  
Prefer from  
responsibles sources  
FSC® C095119

# Hyland Hills snowsports academy



**SKI & SNOWBOARD LESSONS**  
**SKI & SNOWBOARD LESSONS**

welcome to

# hyland hills



Welcome! You have taken the first step in improving your winter snowsports experience by coming to the Hyland Hills SnowSports Academy. We are locally, regionally and nationally recognized as one of the finest snowsports schools with special programs and lessons for every level of skier or rider. As a member of the Professional Ski Instructors of America and the American Association of Snowboard Instructors, your snowsports coach will treat you to the best winter experience of your life. Our motto is: SAFETY, FUN and LEARNING.

## Great hills and...

- Some of the best grooming and snowmaking in the nation
- 35 acres of terrain, progressive features, 3 chairlifts, 4 rope tows, 2 surface conveyor lifts
- Full menu cafeteria with weekly specials
- Retail shop with all the gear



## Work at Hyland Hills, 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).

# Hours of Operation

(Mid-November to mid-March, depending on weather)

Monday–Friday: 9:30 AM–9 PM

Saturday & Sunday: 9 AM–9 PM

### Holiday Hours:

Dec. 26–Jan. 4; Jan. 21 & Feb. 18: 9 AM–9 PM

Dec. 24: 9 AM–3 PM; closed Nov. 22 & Dec. 25.

# Daily Rates

### TICKETS

Open–Close ... Adult \$35.34 / Youth \$31.62 / Senior \$18.60  
3 PM–Close..... Adult \$32.55 / Youth \$28.83 / Senior \$18.60

### Nights Under the Lights:

Monday–Friday

7 PM–Close..... All ages \$18.60

Saturday & Sunday

6 PM–Close..... All ages \$18.60

### Skip Work Special:

Monday–Thursday: 9:30 AM–3 PM ..... All ages \$23.30  
with ski or snowboard rental ..... All ages \$37.28  
(Not valid Nov. 23, Dec. 19–Jan. 3, Jan. 21, or Feb. 18)

Youth is ages 5–11; age 4 & under free w/ paying adult;  
senior is 62+.

### EQUIPMENT RENTAL

Alpine Skis, Boots and Poles*	\$22.32
Snowboard and Boots	\$22.32
Helmet	\$8.37
Locker	\$99/season

\*Only rented as a package.  
Sales tax not included.

# Seasonal Package Rates

### SEASON PASSES (valid anytime)

Adult Season Pass (ages 12–61)	\$449*
Youth Season Pass (ages 5–11)	\$349*
Senior Season Pass (ages 62+)	\$149
Family Season Pass**	\$1,149*

\*Purchase before October 22 and save.

\*\*A Family Pass is valid for any four family members living in the same household. Additional family members are \$199 each. No transfers, additions, or changes allowed after purchase.

- Season passes are not transferable.
- All pass holders must redeem their season pass for a daily lift ticket prior to using the hill each visit.

### OTHER PACKAGES

10-Visit Pass (10 all-day tickets)	\$285
6-Visit Pass (6 all-day tickets)	\$180
Ski Rental Pack (10 all-day rentals)	\$160
Snowboard Rental Pack (10 all-day rentals)	\$160

- Visit and rental passes are transferable.

Sales tax not included.



Follow us @HylandSki  
Facebook.com/HylandSki  
and #HylandHills

# Hyland Hills Chalet Rental Spaces

Celebrate your special occasion at Hyland Hills. The Alpine and Ridgeview Rooms feature soaring ceilings and panoramic views of the entire area. Available April through September, this is a breathtaking venue for any event including weddings, reunions and corporate meetings. The hillside provides additional ceremony and activity opportunities. Contact [hylandevents@threeriversparks.org](mailto:hylandevents@threeriversparks.org) or 763.694.7811 for more information.



# child & youth

## ski and snowboard lessons

### ► Quality instruction

A variety of programs for young skiers and snowboarders are available, from the novice strapping on a pair of ski boots for the first time to those wanting to work on big air and freestyle techniques.

To maximize skill improvement, students are separated by age and ability and evaluated for placement on the first day of class. Each child's performance and skills are continually evaluated to make sure they are placed in an appropriate level class. Please be advised that your child may not always ride with an instructor and may ride lifts with other children or alone. Private and semi private lessons are available for even more focused instruction.

**All public lessons include lift ticket.**



## child ski

### CHILD SKI LESSONS – MINI SESSION

Ages 3–5

Three 2-hour lessons, \$160\*

Enjoy on-snow fun, creative playtime, and a cup of cocoa with your child as they learn skiing fundamentals in this signature Hot Cocoa Club program. A parent/guardian with skiing experience is required to participate on skis. Designed for first-time skiers.

Dates	Start Times
<b>Tuesdays</b> – Activity #9HHA7003	
Dec 4, 11, 18	10 AM, 12:30 PM
<b>Wednesdays</b> – Activity #9HHA7004	
Dec 5, 12, 19	10 AM, 12:30 PM
<b>Thursdays</b> – Activity #9HHA7005	
Dec 6, 13, 20	10 AM, 12:30 PM

### CHILD SKI LESSONS – EXTENDED SESSION

Ages 3–5

Six 2-hour lessons, \$219\*

See Mini Session for description.

Dates	Start Times
<b>Tuesdays</b> – Activity #9HHA7013	
Jan 8, 15, 22, 29, Feb 5, 12	10 AM, 12:30 PM
<b>Wednesdays</b> – Activity #9HHA7014	
Jan 9, 16, 23, 30, Feb 6, 13	10 AM, 12:30 PM
<b>Thursdays</b> – Activity #9HHA7015	
Jan 10, 17, 24, 31, Feb 7, 14	10 AM, 12:30 PM



\*Child Ski lessons include rental equipment for both parent/guardian and child.

### CHILD SKI LESSONS – SPRING SESSION

Ages 3–5

Four 2-hour lessons, \$189\*

Enjoy the warm spring sunshine as your new skier continues to master the fundamentals in this signature Hot Cocoa Club program. A parent/guardian with skiing experience is required to participate on skis; tethers may be used. Designed for continued ski development.

Dates	Start Times
<b>Tuesdays</b> – Activity #9HHA7023	
Feb 19, 26, Mar 5, 12	10 AM, 12:30 PM
<b>Wednesdays</b> – Activity #9HHA7024	
Feb 20, 27, Mar 6, 13	10 AM, 12:30 PM
<b>Thursdays</b> – Activity #9HHA7025	
Feb 21, 28, Mar 7, 14	10 AM, 12:30 PM

### CHILD SKI LESSONS ADVANCED – MINI SESSION

Ages 3–5

Three 2-hour lessons, \$160\*

Help your skier advance their freeskiing skills in this signature Super Hot Cocoa program. Participants must be able to ski an easy run in control and turn and stop on command. A parent/guardian with skiing experience is required to participate on skis; tethers are not used. Designed for advanced ski development.

Dates	Start Time
<b>Mondays</b> – Activity #9HHA7032	
Dec 3, 10, 17	12:30 PM

Ages 3–5

Six 2-hour lessons, \$229\*

See Advanced Mini Session for description.

Dates	Start Time
<b>Mondays</b> – Activity #9HHA7042	
Jan 7, 14, 28, Feb 4, 11, 25**	12:30 PM

\*\*No class Jan 21 or Feb 18.



## youth ski

### YOUTH SKI LESSONS

**Ages 5–17**

**Three 1.5-hour lessons, \$155**

Optional: Equipment \$10 | Helmet \$20

Learn to ski or improve technique with small group instruction and fun in this signature Ski Kids (SKIDS) program. Become “self-sufficient” by learning how to turn, stop, control speed, and safely ride lifts alone or in small groups. Some playtime may be included. All skill levels welcome.

Parents can learn at a similar time: See pages 10 and 12 for adult/parent ski and snowboard lessons.

Dates	Start Times
<b>Wednesdays</b> – Activity #9HHA8004	
Dec 5, 12, 19	7 PM
Jan 9, 16, 23	7 PM
Jan 30, Feb 6, 13	7 PM
Feb 20, 27, Mar 6	7 PM
<b>Fridays</b> – Activity #9HHA8006	
Nov 30, Dec 7, 14	7 PM
Jan 4, 11, 18	7 PM
Jan 25, Feb 1, 8	7 PM
Feb 15, 22, Mar 1	7 PM
<b>Saturdays</b> – Activity #9HHA8007	
Dec 1, 8, 15	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 5, 12, 19	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 26, Feb 2, 9	9 AM, 11 AM, 1:15 PM, 3:15 PM
Feb 16, 23, Mar 2	9 AM, 11 AM, 1:15 PM, 3:15 PM
<b>Sundays</b> – Activity #9HHA8001	
Dec 2, 9, 16	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 6, 13, 20	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 27, Feb 3, 10	9 AM, 11 AM, 1:15 PM, 3:15 PM
Feb 17, 24, Mar 3	9 AM, 11 AM, 1:15 PM, 3:15 PM



### YOUTH SKI LESSONS – NORTH GUIDES

**Ages 12–17**

**Six 2-hour lessons, \$325**

Optional: Equipment \$10 | Helmet \$32

Improve your skills in a less traditional environment and take your skiing to the next level. For interested students, this program also offers ski instructor training. Skiers should be proficient, intermediate parallel turners.

Dates	Start Time
<b>Saturdays</b> – Activity #9HHA8057	
Dec 1, 8, 15, Jan 5, 12, 19	9 AM
Jan 26, Feb 2, 9, 16, 23, Mar 2	9 AM

### ADAPTED SKI LESSONS: HYLAND SKI STARS

**Ages 6–15**

**Six 1.5-hour lessons, \$290**

Have fun and develop your skiing skills in a safe and controlled environment. Limited space available. Rental equipment included. Designed for youth with disabilities.

Dates	Start Time
<b>Mondays</b> – Activity #9HHA8042	
Jan 14, 28, Feb 4, 11, 25, Mar 4	6 PM

Additional adapted programs on page 14.



## YOUTH SKI LESSONS – WINTER BREAK SESSION

**Ages 7–17**

**Three 1.5-hour lessons, \$155**

Optional: Equipment \$10 | Helmet \$20

Improve your skills, ski more terrain, and prepare for the remainder of the winter season. Enjoy your break from school and spend free time with your classmates in this popular Winter Break Ski Kids (SKIDS) program. All skill levels welcome.

Dates	Start Times
<b>Saturday-Monday</b> – Activity #9HHA8100	
Dec 22, 23, 24	9 AM, 11 AM, 1:15 PM
Dec 29, 30, 31	9 AM, 11 AM, 1:15 PM, 3:15 PM
<b>Wednesday-Friday</b> – Activity #9HHA8100	
Dec 26, 27, 28	9 AM, 11 AM, 1:15 PM, 3:15 PM

## YOUTH SKI LESSONS – PASSPORT PROGRAM

**Ages 6–17**

**Six 1.5-hour lessons, \$300**

Optional: Equipment \$10 | Helmet \$32

Develop your skiing skills with experienced instructors in this signature skiing program. Receive a “passport” to track your progress and receive area discounts. All skill levels welcome.

Dates	Start Time
<b>Tuesdays</b> – Activity #9HHA8013	
Dec 4, 11, 18, Jan 8, 15, 22*	7 PM
Jan 29, Feb 5, 12, 19, 26, Mar 5	7 PM
<b>Thursdays</b> – Activity #9HHA8015	
Dec 6, 13, 20, Jan 3, 10, 17*	7 PM
Jan 24, 31, Feb 7, 14, 21, 28	7 PM

\*No class Dec 25, 27 or Jan 1

## YOUTH SKI LESSONS – HOOKED ON SKIING

**Ages 7-17**

**Six 1.5-hour lessons, \$490**

Optional: Helmet \$32

Develop your skiing skills with experienced instructors. Each participant receives new skis, boots and bindings to keep. All skill levels welcome.

Dates	Start Time
<b>Tuesdays</b> – Activity #9HHA8023	
Dec 4, 11, 18, Jan 8, 15, 22*	7 PM
Jan 29, Feb 5, 12, 19, 26, Mar 5	7 PM
<b>Thursdays</b> – Activity #9HHA8025	
Dec 6, 13, 20, Jan 3, 10, 17*	7 PM
Jan 24, 31, Feb 7, 14, 21, 28	7 PM

\*No class Dec 25, 27 or Jan 1

## YOUTH SKI ADVENTURE LESSONS – THE MOUNTAINEERS

**Ages 7–17**

**Six 1.5-hour lessons, \$325**

Optional: Helmet \$32

Improve on basic skills while learning about freeskiing and racing. Designed for skiers with intermediate to advanced skills.

Dates	Start Times
<b>Sundays</b> – Activity #9HHA8031	
Dec 2, 9, 16, Jan 6, 13, 20*	9 AM, 11 AM, 1:15 PM
Jan 27, Feb 3, 10, 17, 24, Mar 3	9 AM, 11 AM, 1:15 PM

\*No class Dec 23 or 30.

**All public lessons include lift ticket.**

## youth snowboard

### YOUTH SNOWBOARD LESSONS

**Ages 5–17**

**Three 1.5-hour lessons, \$155**

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, control speed, and safely ride lifts. All skill levels welcome.

Parents can learn at a similar time: See pages 10 and 12 for adult/parent ski and snowboard lessons.

Dates	Start Time
<b>Wednesdays</b> – Activity #9HHA8514	
Dec 5, 12, 19	7 PM
Jan 9, 16, 23	7 PM
Jan 30, Feb 6, 13	7 PM
Feb 20, 27, Mar 6	7 PM
<b>Fridays</b> – Activity #9HHA8516	
Nov 30, Dec 7, 14	7 PM
Jan 4, 11, 18	7 PM
Jan 25, Feb 1, 8	7 PM
Feb 15, 22, Mar 1	7 PM

Dates	Start Times
<b>Saturdays</b> – Activity #9HHA8517	
Dec 1, 8, 15	9:15 AM, 11:15 AM, 1:30 PM
Jan 5, 12, 19	9:15 AM, 11:15 AM, 1:30 PM
Jan 26, Feb 2, 9	9:15 AM, 11:15 AM, 1:30 PM
Feb 16, 23, Mar 2	9:15 AM, 11:15 AM, 1:30 PM
<b>Sundays</b> – Activity #9HHA8511	
Dec 2, 9, 16	9:15 AM, 11:15 AM, 1:30 PM
Jan 6, 13, 20	9:15 AM, 11:15 AM, 1:30 PM
Jan 27, Feb 3, 10	9:15 AM, 11:15 AM, 1:30 PM
Feb 17, 24, Mar 3	9:15 AM, 11:15 AM, 1:30 PM



## YOUTH SNOWBOARD LESSONS – WINTER BREAK SESSION

**Ages 7-17**

**Three 1.5-hour lessons, \$155**

Optional: Equipment \$10 | Helmet \$20

Improve your skills for freeriding, slopestyle or park riding with concentrated instruction. Enjoy your school break with your classmates in this popular Winter Break Snowboard Jam program. All skill levels welcome.

Dates	Start Times
<b>Saturday-Monday</b> – Activity #9HHA8600	
Dec 22, 23, 24	9:15 AM, 11:15 AM, 1:30 PM
Dec 29, 30, 31	9:15 AM, 11:15 AM, 1:30 PM
<b>Wednesday-Friday</b> – Activity #9HHA8600	
Dec 26, 27, 28	9:15 AM, 11:15 AM, 1:30 PM, 3:30 PM

## YOUTH SNOWBOARD LESSONS – PASSPORT PROGRAM

**Ages 6-17**

**Six 1.5-hour lessons, \$300**

Optional: Equipment \$10 | Helmet \$32

Develop your snowboarding skills with experienced instructors in this signature Snowboard Jam program. Receive a “passport” to track your progress and receive area discounts. All skill levels welcome.

Dates	Start Time
<b>Saturdays</b> – Activity #9HHA8547	
Dec 1, 8, 15, Jan 5, 12, 19*	3:15 PM
Jan 26, Feb 2, 9, 16, 23, Mar 2	3:15 PM
<b>Sundays</b> – Activity #9HHA8541	
Dec 2, 9, 16, Jan 6, 13, 20*	3:15 PM
Jan 27, Feb 3, 10, 17, 24, Mar 3	3:15 PM
*No class Dec 22, 23, 29, or 30.	

All public lessons include lift ticket.

## youth freestyle

**Ages 7-17**

**Six 1.5-hour lessons, \$325**

Optional: Helmet \$32

3's, kicker, tail grabs: If this lingo is familiar, then this lesson series is for you! Specialized ski and snowboard freestyle instructors cultivate a fun, safe and encouraging environment during this unique, terrain park-focused program. Participants must be able to turn and stop on their own.

Dates	Start Times
<b>Saturdays</b> – Activity #9HHA8537	
Dec 1, 8, 15, Jan 5, 12, 19*	9 AM
Jan 26, Feb 2, 9, 16, 23, Mar 2	9 AM
*No class Dec 22 or 29.	



# adult ski and snowboard lessons



Whether you want to brush up on your skiing skills or give snowboarding a try, excellent instructors help you feel comfortable out on the slopes.

Participants are evaluated and separated by skill level on the first day of class. Ongoing evaluation and placement will occur to maximize your progress.

Private and semi-private lessons are available for even more focused instruction.

## ADULT/PARENT SKI LESSONS

**Ages 18+**

**Three 1.5-hour lessons, \$99**

Optional: Equipment \$10 | Helmet \$20

Learn to ski for the first time, get ready for a family outing, or polish your skills with some of the most experienced instructors on staff. All skill levels welcome. See pages 6 and 8 for youth ski and snowboard lessons occurring at a similar time.

Dates	Start Time
<b>Wednesdays</b> – Activity #9HHA9004	
Dec 5, 12, 19	7 PM
Jan 9, 16, 23	7 PM
Jan 30, Feb 6, 13	7 PM
Feb 20, 27, Mar 6	7 PM
<b>Fridays</b> – Activity #9HHA9006	
Nov 30, Dec 7, 14	7 PM
Jan 4, 11, 18	7 PM
Jan 25, Feb 1, 8	7 PM
Feb 15, 22, Mar 1	7 PM

Dates	Start Times
<b>Saturdays</b> – Activity #9HHA9007	
Dec 1, 8, 15	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 5, 12, 19	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 26, Feb 2, 9	9 AM, 11 AM, 1:15 PM, 3:15 PM
Feb 16, 23, Mar 2	9 AM, 11 AM, 1:15 PM, 3:15 PM
<b>Sundays</b> – Activity #9HHA9001	
Dec 2, 9, 16	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 6, 13, 20	9 AM, 11 AM, 1:15 PM, 3:15 PM
Jan 27, Feb 3, 10	9 AM, 11 AM, 1:15 PM, 3:15 PM
Feb 17, 24, Mar 3	9 AM, 11 AM, 1:15 PM, 3:15 PM

## WOMEN'S SKI LESSONS

**Ages 18+**

**Three 2-hour lessons, \$99**

Optional: Equipment \$10 | Helmet \$20

Learn to ski for the first time, improve your skills, or try racing with the best female instructors on staff. All skill levels welcome.

Dates	Start Time
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**Tuesdays** – Activity #9HHA9103

Dec 4, 11, 18	9:30 AM
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Jan 8, 15, 22	9:30 AM
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Jan 29, Feb 5, 12	9:30 AM
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Feb 19, 26, Mar 5	9:30 AM
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**Thursdays** – Activity #9HHA9105

Dec 6, 13, 20	9:30 AM
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Jan 3, 10, 17	9:30 AM
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Jan 24, 31, Feb 7	9:30 AM
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Feb 14, 21, 28	9:30 AM
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## ADULT SKI DATE NIGHT

**Ages 21+**

**One 1.5-hour lesson, \$135/couple**

Optional: Helmet \$8/couple

Bring your date or best friend for a unique night out. Includes ski lesson, equipment rental and each person receives a beverage ticket that can be redeemed for a pint of beer at Wooden Hill Brewing Company. These lessons are designed for beginners.

Dates	Start Time
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**Friday** – Activity #9HHA9306

Dec 7	7 PM
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Dec 14	7 PM
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Jan 11	7 PM
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Jan 18	7 PM
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Feb 1	7 PM
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Feb 8	7 PM
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Feb 22	7 PM
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Mar 1	7 PM
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All public lessons include lift ticket.

## ADULT SKI LESSONS – SKI YOUNGER

**Ages 55+**

**Three 3-hour lessons, \$130**

Become the perfect partner for your skis with professional assistance and development. Learn to ski safely and gently in a fun environment that builds your confidence. Includes rentals and one 1.5-hour follow-up program\* that includes a lesson, sandwich, and speaker. Participants can also purchase a season pass for \$125.

Dates	Start Times
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**Monday-Wednesday** – Activity #9HHA9212

Dec 3-5	9 AM
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Dec 10-12	9 AM
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Jan 7-9	9 AM
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Jan 14-16	9 AM
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Jan 28-30	9 AM
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Feb 18-20	9 AM
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\*Follow-up program starts at 10 AM. Date options: Dec 6, 13, Jan 10, 17, 31, Feb 14.



## 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. Email skipatrol@threeriversparks.org for more information.

# adult snowboard

## ADULT/PARENT SNOWBOARD LESSONS

**Ages 18+**

**Three 1.5-hour lessons, \$99**

Optional: Equipment \$10 | Helmet \$20

Learn to board for the first time, polish your freeriding skills, attack the park, or get ready for a family outing with the best instructors on staff. All skill levels welcome. See pages 6 and 8 for youth ski and snowboard lessons occurring at a similar time.

Dates	Start Times
<b>Tuesdays</b> – Activity #9HHA9503	
Dec 4, 11, 18	10 AM, 7 PM
Jan 8, 15, 22	10 AM, 7 PM
Jan 29, Feb 5, 12	10 AM, 7 PM
Feb 19, 26, Mar 5	10 AM, 7 PM
<b>Wednesdays</b> – Activity #9HHA9504	
Dec 5, 12, 19	7 PM
Jan 9, 16, 23	7 PM
Jan 30, Feb 6, 13	7 PM
Feb 20, 27, Mar 6	7 PM
<b>Fridays</b> – Activity #9HHA9506	
Nov 30, Dec 7, 14	7 PM
Jan 4, 11, 18	7 PM
Jan 25, Feb 1, 8	7 PM
Feb 15, 22, Mar 1	7 PM
<b>Saturdays</b> – Activity #9HHA9507	
Dec 1, 8, 15	9:15 AM, 11:15 PM, 1:30 PM
Jan 5, 12, 19	9:15 AM, 11:15 PM, 1:30 PM
Jan 26, Feb 2, 9	9:15 AM, 11:15 PM, 1:30 PM
Feb 16, 23, Mar 2	9:15 AM, 11:15 PM, 1:30 PM
<b>Sundays</b> – Activity #9HHA9501	
Dec 2, 9, 16	9:15 AM, 11:15 PM, 1:30 PM
Jan 6, 13, 20	9:15 AM, 11:15 PM, 1:30 PM
Jan 27, Feb 3, 10	9:15 AM, 11:15 PM, 1:30 PM
Feb 17, 24, Mar 3	9:15 AM, 11:15 PM, 1:30 PM

All public lessons include lift ticket.

## WOMEN'S SNOWBOARD LESSONS

**Ages 18+ | Three 1.5-hour lessons, \$99**

Optional: Equipment \$10 | Helmet \$20

Get an introduction to snowboarding, improve your carving, or hit the terrain park with the best female instructors on staff. All skill levels welcome.

Dates	Start Times
<b>Thursdays</b> – Activity #9HHA9605	
Dec 6, 13, 20	10 AM, 7 PM
Jan 3, 10, 17	10 AM, 7 PM
Jan 24, 31, Feb 7	10 AM, 7 PM
Feb 14, 21, 28	10 AM, 7 PM

## WOMEN'S YOGA AND SNOWBOARDING

**Ages 18+**

**Three 1-hour sessions, \$100 yoga only**

**Three 2-hour sessions, \$175 with snowboard lesson**

Optional: Equipment \$10 | Helmet \$20

Get an introduction to snowboarding, improve your carving, or hit the terrain park. Improve your skills on the hill by deepening the connection of mind and body during a yoga session each class.

Dates	Start Time
<b>Thursdays</b> – Activity #9HHA9615	
Dec 6, 13, 20	9 AM
Jan 10, 17, 24	9 AM
Jan 31, 7, 14	9 AM
Feb 21, 28, Mar 7	9 AM

## ADULT SNOWBOARD DATE NIGHT

**Ages 21+ | One 1.5-hour lesson, \$135/couple**

Optional: Helmet \$8/couple

Bring your date or best friend for a unique night out. Includes snowboard lesson, equipment rental and each person receives a beverage ticket that can be redeemed for a pint of beer at Wooden Hill Brewing Company. These lessons are designed for beginners.

Dates	Start Time
<b>Friday</b> – Activity #9HHA9706	
Dec 7	7 PM
Dec 14	7 PM
Jan 11	7 PM
Jan 18	7 PM
Feb 1	7 PM
Feb 8	7 PM
Feb 22	7 PM
Mar 1	7 PM



## Private/Semi-Private Lessons

Whether you're 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. Please be advised that your child may not always ride with an instructor and may ride lifts with other children or alone. Lift ticket and rental are not included. Scheduling is based on instructor availability; schedule by calling 763.694.7800.

### Ski Lessons

Ages 4 to adult

Monday–Friday (non holidays): 11 AM, 1 PM or 5 PM

Weekends & Holidays: 9 AM, 11 AM, 1:15 PM or 3:15 PM

### Snowboard Lessons

Ages 5 to adult

Weekends & Holidays: 9:15 AM, 11:15 AM, 1:30 PM

or 3:30 PM

### Telemark Lessons

Ages 15 to adult

Call 763.694.7800 for lesson availability.

### Rates

Private ski or snowboard lesson (1.5 hours) ..... \$45

Additional person for a semi-private lesson\* ..... \$30

Discounted lesson lift ticket\*\* ..... \$21

Discounted lesson equipment rental\*\* ..... \$19

*\*Semi-private Lessons have a limit of two people who are of similar age and ability.*

*\*\*Available on the day of private lesson.*

INFORMATION: 763.694.7800 • HHSnowsportsAcademy@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 skiers 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 Snow-Sports 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.**

Hyland Hills 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.

# partner programs

Hyland Hills is proud to host a number of competitive clubs and community programs that provide unique opportunities for skiers and snowboarders of all abilities.



## competitive clubs

### NYBORA FREESTYLE SKI TEAM

Skiers receive instruction in moguls, halfpipe, park and aerials, and compete regionally and nationally in USSA events. [nybora.com](http://nybora.com)

### TEAM GILBOA DOWNHILL RACING

Racers ages 6–18 are coached and compete regionally and nationally in USSA races. [teamgilboa.com](http://teamgilboa.com)

### G TEAM – SNOWBOARDING

This USASA-affiliated program is the Midwest's first and largest snowboarding program. [thegteam.com](http://thegteam.com)

### MINNEAPOLIS SKI CLUB – SKI JUMPING

The Minneapolis Ski Club has been developing Nordic ski jumpers ranging from beginners to Olympians for nearly a century. [facebook.com/mnskiclub](https://facebook.com/mnskiclub)

### TR2 – ALPINE RACING

TR2 is dedicated to the teaching, coaching and mentoring of young athletes while educating on the fundamental aspects of alpine ski racing. [threeriversskiracing.com](http://threeriversskiracing.com)

## adapted programs

### ADAPTIVE RECREATION & LEARNING EXCHANGE

AR&LE provides recreation opportunities for people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield. 612.861.9361 or [ajindra@cityofrichfield.org](mailto:ajindra@cityofrichfield.org)

### SPECIAL OLYMPICS

Join Special Olympics Minnesota as an athlete, coach or volunteer. [somn.org](http://somn.org)

### COURAGE KENNY

Courage Kenny provides adaptive downhill ski lessons for people with physical disabilities. Get one-on-one instruction in stand-up, mono or bi-skiing, using cutting edge adaptive technology. [allinahealth.org/adaptivesports](http://allinahealth.org/adaptivesports)

### MSC DEAF AND HARD OF HEARING

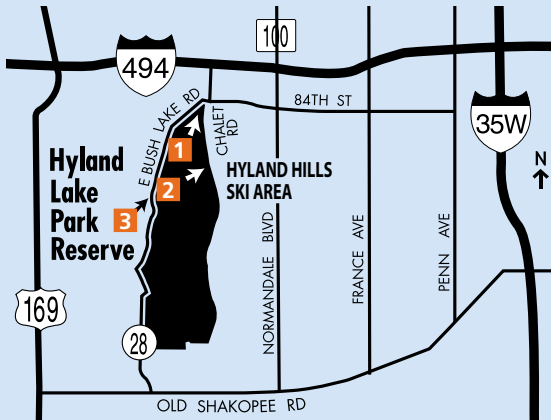
The Midwest Sport/Ski Council's Deaf and Hard of Hearing (DHH) Program teaches children how to ski or snowboard for the first time or advance their current skills with additional instruction. [MSCDHHProgram@mnski.org](mailto:MSCDHHProgram@mnski.org).

### ADAPTED HYLAND SKI STARS

See page 6.



## How To Get Here



Take I-494 to the East Bush Lake Road exit. Go south on East Bush Lake Road a half mile. When East Bush Lake Road veers right (west) at the stoplight, continue straight ahead on Chalet Road to the Lake Normandale Parking Lot or to the Chalet.

## Parking & Shuttle Options

To reduce congestion at the Chalet, these parking options are available:

- 1** Normandale Lake Parking Lots
  - Free and convenient
  - Shuttle service during all business hours
- 2** Premium Parking at the Chalet
  - \$2 per hour; \$10 per day maximum
  - Always free: accessible parking for people with disabilities
- 3** Bush Lake Overflow lot
  - Free
  - Shuttle service when overflow is needed



## group opportunities

Plan an outing that is just right for your group. Choose downhill skiing or snowboarding for outdoor winter fun that is challenging and rewarding for a lifetime! Start at Hyland Hills Ski Area and truly go anywhere.

It's easy and affordable for students or any group of 20 or more. Group packages can include lift ticket, rentals and lessons from some of the most experienced instructors in the Midwest. Call 763.694.7811 or email [hylandgroups@threeriversparks.org](mailto:hylandgroups@threeriversparks.org).

# registration

## Hyland Hills SnowSports Academy

### Registration System

Three Rivers launched a new registration system on April 3, 2017. If you have not logged into the new system:

- 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.

FOR ASSISTANCE CALL 763.559.6700

### Two Ways to Register

[ThreeRiversParks.org/programs](http://ThreeRiversParks.org/programs)  
763.559.6700

### Registration Dates

**Youth and Adult Lessons** – begins Oct. 10

#### Private Lessons

In person at Hyland Hills\* – begins Nov. 7  
By phone: 763.694.7800 – begins Nov. 9

\*Pre-season chalet hours:

10 AM–5 PM Monday–Fridays, beginning Oct. 10.

9 AM–Noon Saturdays, beginning Nov. 5.

#### Questions?

Call 763.694.7800 or 763.559.6700.

### First Tracks Fund

Support youth skiing and snowboarding through scholarships and admission assistance. Your contribution helps introduce the next generation to a rewarding lifetime sport.

### Lesson Policies

#### Day of Lesson, Check in Early

Check in at the SnowSports Academy desk at least one hour before your *first* lesson.

#### Missed Lessons / Refunds

No refunds or make-up lessons are given for missed lessons.

#### Rescheduling Fee

There is a \$40 fee for rescheduling any private or public lesson that has not started. Non-payment of this fee constitutes a cancellation.

#### Weather Closures

If lessons are cancelled due to weather closures, they will be made up as determined by staff. The SnowSports Academy will close when air temperature reaches -25°F or windchill temperatures reach -35°F at the hill. Call for details.

### Determining Skill Level for Lessons

LEVEL	SKIING	SNOWBOARDING
NEVER	Never skied	Never boarded
BEGINNER	Makes wedge turns	Skidded turns only
INTERMEDIATE	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



### Härdsnäla

Save the date – March 9

What is it? It's Swedish for meltdown and the annual spring pond skim! More food, more demos, a bigger pond, and more prizes. Watch for details at [facebook.com/hylandski](https://facebook.com/hylandski).