

SKIING | SNOWBOARDING | TUBING

2010/2011

# Sunridge

**Buy your Season Pass**  
before November 22 and  
**SAVE!**

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Season Pass  
Buy before Nov. 22 and SAVE.

	Up to Nov. 23	After Nov 23
Family	\$589	\$619
Adult (18-54)	\$259	\$279
Youth (13-17)	\$229	\$249
Junior (6-12)	\$179	\$194
Senior (55+)	\$65	\$65
Mogul Mite (4-5)	\$89	\$79
Family Ski/Snowboard Rental	\$229	
Individual Ski/Snowboard Rental	\$129	

All prices do not include GST.

Purchase your pass online.  
Go to [SunridgeSkiArea.com](http://SunridgeSkiArea.com) and  
get ready for your winter of fun!

Season Passes entitle you to unlimited and unrestricted  
use of the ski lifts and hills at Sunridge.

But that's not all!

Passholders also receive the following discounts at  
mountain ski areas:

- 25% off lift tickets at Marmot Basin  
(except during Jasper in January).
- 25% off lift tickets at Apex Mountain Resort.
- 25% off lift tickets at Big White Ski Resort  
(both areas must be in operation)
- 25% off lift tickets at Sun Peaks Resort.
- 25% off lift tickets at Mount Washington
- 25% off lift tickets at Kicking Horse Resort
- 25% off lift tickets at Red Mountain Resort
- ... and a 25% discount on all group ski and snowboard  
lesson programs as well as all rental shop items

Buy EARLY and Save!

Lift Tickets

	All-day	3 hours or less
Adult (18-54)	\$31	\$27
Youth (13-17)	\$29	\$25
Junior (6-12)	\$25	\$20
Senior (55+)	\$12	
Mogul Mite (4-5)	\$11	
Bunny Hill Only	\$11	
Family (all immediate family members)	\$89	
Evening ticket (7pm to close Mon.-Fri.)	\$10	

Ski Rentals

	All-day	3 hours or less
All ages (6 and older)	\$25	\$21
Skis only	\$15	\$12
Poles only	\$8	
Mogul Mite (4 - 5 yrs) skis and boots	\$11	
Family (up to four people - each additional person is \$13)	\$59	
Evening ski rentals (7pm to close Mon.-Fri.)	\$10	

Gift Cards  
are also  
available

Snowboard  
Rentals

	All-day	3 hours or less
Snowboard with boots	\$30	\$26
Snowboard only	\$25	\$21
Boots only	\$12	\$12
Evening snowboard rentals (7pm to close Mon.-Fri. includes boots)	\$15	

Note that a security deposit of \$100  
(VISA or MASTERCARD)  
is required to rent a snowboard.

Helmets can be rented for \$8.  
Complete the Sunridge Rental Form at  
home and make your visit a little faster.  
You can download our rental form from  
[www.sunridgeskiarea.com](http://www.sunridgeskiarea.com)

Six Packs

Adult (18-54)	\$149
Youth (13-17)	\$139
Junior (6-12)	\$109
Mogul Mite (4 - 5)	\$44
Senior (55 or better)	\$59

Six-pack tickets must be exchanged at  
reception for a daily lift ticket.  
They are valid any day during the season.



SUNRIDGE  
ALPINE SKI TEAM

TRY SKI RACING FOR FREE!  
SUNRIDGESKITEAM.COM • 780-416-9111

THIS COUPON ENTITLES THE BEARER TO ONE WEEK (THREE SESSIONS)  
OF FREE COACHING FROM THE SUNRIDGE ALPINE SKI TEAM.

TRAINING DAYS ARE:

TUESDAY & THURSDAY 6:15 - 8:15 P.M. • SATURDAYS 7:30 A.M. - 12:30 P.M.  
AT THE SUNRIDGE SKI HILL.

SKIERS SHOULD ARRIVE WITH PROPER SKI EQUIPMENT INCLUDING HARD-SIDED RACING HELMET.



## 100 words for snow

### *The science and finance of snowmaking*

Legend has it that Eskimos have over 100 words for snow. A lot of people in Alberta have that many cuss words for snow when they drive through it, scrape it off windshields and shovel it off sidewalks. In fact 90% of people can be divided into two groups - those who love snow and those who hate it. Winter enthusiasts, skiers and boarders anxiously await the first flakes of snow.

At Sunridge, we're done waiting.

Our years of extensive research at Sunridge has determined that the overwhelming majority of our guests prefer to ski, board and tube on snow, as opposed to grass, gravel and mud. Thanks to this research, and our childlike urges to roll around and play in fresh snow, Sunridge Ski Area has taken a step forward in the development of a state of the art snow making system. Manmade snow is real snow, just made a machine. Scientifically speaking, water must first be atomized into droplets, then projected into subzero conditions, whereupon it will freeze and fall as snow. The volume of water that can be put through the snowmaking machinery is dictated by the temperature and humidity - the colder and drier the better.

Currently, we are in the process of updating our snowmaking equipment. The old equipment used large volumes of compressed air, generated by two large and power hungry compressors off to the side of the hill. This system used low pressure water and combined the pressurized air and water in a snow nozzle. The guns themselves were small

and durable, and the benefits of this system were ease of moving the guns and simplicity. By far the greatest beneficiary of this old system was Epcor, and to a lesser extent Fortis, due to the large volumes of power consumed and large volumes of money that we paid them.

The new system uses state of the art Techno-Alpin M18 snow guns. These are much larger units that need to be moved with the snowgroomer. They use much higher water pressure, and create snow by atomizing the water in a snow nozzle, with small amounts of compressed air, then projecting these droplets with a large fan. These units are largely self contained, and should be able to use many more gallons per minute of water flow, thus creating more snow more quickly. We have been testing these guns for the past two years and have found that they also produce a better snow quality. The major beneficiaries of this system will once again be Epcor and Fortis, and also our skiers, tubers and boarders.

As you can see, at Sunridge we spend a great deal of time, effort and money creating, moving and then grooming snow. The goal is to create a pristine and sparkling blanket of soft and consistent snow, with no variations and the divots groomed out. We invite you to enjoy our snow all winter, because, despite all our best efforts, it all will be gone by the end of March, or at best, suitable only for making into snowmen or snowballs.



## Sunridge Hill Provides Ideal Training for Alpine Racers

Members of the growing Sunridge Alpine Ski Team are always thrilled to see the snow cover the runs at the Sunridge Ski area. The Sunridge Ski Team is the only local downhill race team for Strathcona County youngsters.

Sunridge Race Team offers coaching and race seasons for skiers as young as three, and up to 18 years old. The tiniest, Sundogs, will spend less time training than their teenage counterparts - training schedules vary depending on age and level of competition. The largest group is aged five to 10 years, the Nancy Greene racers. Regional skiers stick to local hills and races while their mountain counterparts spend almost every winter weekend in Jasper or Banff.

Downhill racing is a demanding sport that requires extensive training and conditioning - skiers train three days a week at the local hill. It takes a big commitment from the racer and the whole family - many race families include two or more racers, and even those who don't often accompany their racers at the local hill and on mountain trips.

"Ski racing is a great sport for young athletes to be involved in. It is challenging both mentally and physically and is a sport that appeals youngster who

likes to have the fate their success in their own hands. While we train as a team, skiing is very much an individual sport," said Team President Tom Lademann.

"At Sunridge we pride ourselves on a low athlete to coach ratio and if you work out the amount of on snow coaching time our athletes receive you soon discover that it's a super deal! Even if you are not national ski team bound - ski racing will make you a better skier. The challenge of the black diamond runs in the mountains will now be pure enjoyment. With all the challenges people are finding to enrol their kids in ice sports - some might want to "tilt the ice" and give ski racing a try."

Downhill skiing is a sport for life - most skiers who take the hill as children will continue to ski into their adult and even senior years. The ski race team gives them the confidence and skill to succeed on the hill and off. And now that the snow is here, it's a perfect time to introduce new skiers to the sport of racing.

"We hope to be on snow at Sunridge soon and invite those who are interested to come and give ski racing a try. Check out our website ([sunridgeskiteam.com](http://sunridgeskiteam.com)) for our "bring a friend" program that we are launching soon - it's a perfect way to find out what our sport is all about," Lademann offered.



Ski Lessons

Mogul Mites and Meisters

Introduce your child to skiing in a positive and FUN way! Small class sizes (max. of 6) are designed to provide individual attention to your child. Each class is one hour long. Mogul Mites are for the 4 to 5 year old child just starting out while Mogul Meisters is for the more advanced 4 to 5 year old skier.

**Ski classes for Juniors (6 - 13 yrs old) or Adults** are available for all skiing abilities. Each session offers six hours of instruction and classes are divided into five levels as follows. **Discover:** If you've never skied before, then our Discover program is the one to start out with. This program is designed to introduce your child to the sport of skiing, get comfortable with the equipment and get you up and down on our Bunny Hill and Porcupine Hill. **Green:** This level is offered for those who have skied before but are still more comfortable on the Bunny Hill. By the end of the class, each skier should be able to ski unassisted on our Bunny Hill and Porcupine Hill, and will be introduced to the TBar and possibly even the chairlift. **Blue:** In the blue level, we perfect the snowplow turn and introduce you to the basic parallel turn. **Black:** In this level, our instructors will assist you in improving your parallel turns including: balance, pivoting feet, edge control and linked turns. **Red:** This level is designed to fine-tune the skills of the expert skier.

Weekend Lessons

Weekend ski lessons are offered every Saturday or Sunday for four weeks with hour-and-a-half classes available in the morning or afternoon.

<b>Saturdays:</b>	Nov. 27, Dec. 4, 11, 18 Jan. 8, 15, 22, 29 Feb. 5, 12, 19, 26 March 5, 12 (2 lessons for half price)	<b>Sundays:</b>	Nov. 28, Dec. 5, 12, 19 Jan. 9, 16, 23, 30 Feb. 6, 13, 20, 27 March 6, 13 (2 lessons for half price)
<b>Class</b>	<b>Time</b>	<b>Prices</b>	
Mogul Mites	10AM to 11AM or 1:30PM to 2:30PM	\$86 (\$40 for ski rentals)	
Mogul Meisters	11:15 to 12:15 or 2:45PM to 3:45PM	\$86 (\$40 for ski rentals)	
Juniors/Adults	10AM to 11:30AM or 1:30PM to 3PM	\$135 (\$52 for ski rentals)	

Weeknight Lessons

Weeknight ski lessons are offered every Tuesday and Thursday for two weeks.

	Nov. 23, 25, 30, Dec. 2 Dec. 7, 9, 14, 16 Jan. 4, 6, 11, 13 Jan. 18, 20, 25, 27 Feb. 1, 3, 8, 10 Feb. 15, 17, 22, 24 Mar. 1, 3, 8, 10	
<b>Class</b>	<b>Time</b>	<b>Prices</b>
Mogul Mites	6:00PM to 7:00PM	\$86 (\$40 for ski rentals)
and Meisters	6:00PM to 7:30PM	\$135 (\$52 for ski rentals)
Juniors	6:00PM to 7:30PM	\$86 (\$40 for ski rentals)
Adults	7:30PM to 9:00PM	\$135 (\$52 for ski rentals)

Holiday Lesson Four Day Camps

Christmas - Dec. 20, 21, 22, 23 New Years - Dec. 27, 28, 29, 30

<b>Class</b>	<b>Time</b>	<b>Price</b>
Mogul Mites	10AM to 11AM or 1:30PM to 2:30PM	\$86 (\$40 for ski rentals)
Mogul Meisters	11:15 to 12:15 or 2:45PM to 3:45PM	\$86 (\$40 for ski rentals)
Juniors/Adults	10AM to 11:30AM or 1:30PM to 3PM	\$135 (\$52 for ski rentals)

Teacher's Convention

Teachers Convention (Rural) Feb. 10 and 11  
Teachers Convention (Edmonton) March 3 and 4

<b>Class</b>	<b>Time</b>	<b>Price</b>
Mogul Mites	1:30PM to 2:30PM	\$43 (\$20 for ski rentals)
Mogul Meisters	1:30PM to 2:30PM	\$43 (\$20 for ski rentals)
Juniors	1:30PM to 3PM	\$88 (\$26 for ski rentals)



Snowboard Lessons

**Snowboard classes for Ridge Riders (5 to 7 year olds) and Juniors/Adults (8 and older)** are available for all abilities. Classes are divided into the following levels. **Ridge Riders:** You are never too young to start snowboarding. Ridge Riders will introduce your child to the fun sport of snowboarding and is for children ages 5 to 7 years old. **Discover:** If you've never snowboarded before, then our Discover program is the one to start out with. This program is designed to introduce your child to the sport of snowboarding, get comfortable with the equipment and get you up and down on our Bunny Hill and Porcupine Hill. **Green:** This level is offered for those who have snowboarded before but are still more comfortable on our beginner hills.. By the end of the class, each student should be able to ride unassisted on our gentle Bunny Hill, Porcupine Hill and have been introduced to the intermediate runs. **Blue:** In this level, we perfect the novice turn and introduce you to the basic turn. By the end of a session, each boarder should be comfortable boarding our beginner and intermediate runs **Black:** In the black level, our professional instructors will assist you in improving your basic turns and work on skills such as balance, pivoting, edge control and linked turns. **Red:** This level is designed to fine-tune the skills of the advanced boarder and perfect carving turns and higher-level maneuvers.

Weekend Lessons

Weekend snowboard lessons are offered every Saturday or Sunday for four weeks with hour-and-a-half classes available in the morning or afternoon.

<b>Saturdays:</b>	Nov. 27, Dec. 4, 11, 18 Jan. 8, 15, 22, 29 Feb. 5, 12, 19, 26 Mar. 5, 12 (2 lessons for half-price)	<b>Sundays:</b>	Nov. 28, Dec. 5, 12, 19 Jan. 9, 16, 23, 30 Feb. 6, 13, 20, 27 Mar. 6, 13 (2 lessons for half-price)
<b>Class</b>	<b>Time</b>	<b>Prices</b>	
All ages and levels	10AM to 11:30AM or 1:30PM to 3PM	\$135 (\$88 for snowboard rentals)	

Weeknight Lessons

Weeknight snowboard lessons are offered every Tuesday and Thursday for two weeks.

<b>Tuesday and Thursday</b>	Nov. 23, 25, 30, Dec. 2 Dec. 7, 9, 14, 16 Jan. 4, 6, 11, 13 Jan. 18, 20, 25, 27	Feb. 1, 3, 8, 10 Feb. 15, 17, 22, 24 Mar. 1, 3, 8, 10
<b>Class</b>	<b>Time</b>	<b>Prices</b>
All ages and levels	6:00PM to 7:30PM	\$135 (\$88 for snowboard rentals)

Holiday Lesson Four Day Camps

Christmas - Dec. 20, 21, 22, 23  
New Years - Dec. 27, 28, 29, 30

<b>Class</b>	<b>Time</b>	<b>Prices</b>
All ages and levels	10AM to 11:30AM or 1:30PM to 3PM	\$135 (\$88 for snowboard rentals)

Teacher's Convention

Teachers Convention (Rural) Feb. 10 and 11  
Teachers Convention (Edmonton) March 3 and 4

<b>Class</b>	<b>Time</b>	<b>Prices</b>
Juniors	1:30PM to 3:00PM	\$68 (\$44 for snowboard rentals)

Helmets may also be rented for only \$20 for a four lesson program.

Private Lessons

One hour private lessons can be arranged at almost any time, just call to pre-register. Our lesson price includes the lift ticket for the day. The cost of a one-hour private lesson is \$48 per hour for the first person and \$30 per hour for each additional person in the same class.

Community Groups

Book your community group at Sunridge and SAVE up to 50% on our regular priced week-day group ski and snowboard lessons. Call us at 780-449-6555 for more information.

The Fine Print

Please pre-register for all skiing and/or snowboard lesson programs by calling us at 780-449-6555. Payment should be made one week prior to the start of lessons in order to confirm your registration and can be made by cash, Interac or over the phone with your VISA or MASTERCARD. All lesson programs are non-refundable. Make-up lessons are available should a class be missed due to poor weather or illness. These make-up classes are offered Saturdays only from 3:30PM to 5PM.



# Learning to ski/board at Sunridge

## Bunny hill experiences

Sunridge may be the best location to learn how to ski or snowboard. At Sunridge we have designed our bunny hills so that students can progress through a variety of skills on a variety of hills. We have three bunny hills, starting from the easiest, the carpet lift, progressing to the easy, but longer, the rope tow, and finally the easy but longest, the Porcupine.

The carpet lift provides a great introduction to the sports of skiing and snowboarding. It services an area on the bunny hill that is gentle enough, so that even someone going straight down will not pick up great amounts of speed. We have had great success with young children learning to ski, all ages of snowboarders, and even the more challenging students - adults. The lift is like a moving sidewalk, and requires only the ability to stand. If the student does fall, they will continue going up the hill, until they are either helped up or our staff stops the lift.

The rope tow is a nefarious instrument that propels skiers up the hill at a greater rate of speed. Snowboarders can often be found recumbent along the way up the lift. The hill itself, although still gentle,

does require the ability to slow and control your speed. Instructors generally encourage students to master the skills of turning and stopping on the carpet lift prior to moving on to the rope tow. If the student has gained enough expertise in balance, then the ride up the rope tow can be successful. Parents can also be found running up the hill beside their child, resulting in even more exercise for the parent. The rope tow effectively doubles the time spent on skis, as the student actually has to use balance and stance to ski up the hill as well as down.

The Porcupine lift is like the rope tow, but longer. It requires the same skills as the rope tow, but the student should be a little stronger because of the increased length. New skills can also be introduced while still on a bunny hill because of the ability to increase the speed of the student.

Because of this progression from really easy to easy but longer, as well as the fact that we offer 3 lifts on the bunny hills Sunridge is one of the best places to learn to ski or snowboard.





# Snow Tubing



## Have a TUBING PARTY

and book a group (10 or more people). Birthday parties, office get-togethers, scout groups, hockey teams or just a group of friends.  
Call 780-449-6555 to make a booking  
(advance payment required).

The tubing park opens in early to mid December. Snow tubing is the latest winter craze and Sunridge has the only exclusive Snow Tubing Park around. With a dedicated tubing lift (so you don't have to walk up the hill), three groomed chutes down one of our main hills, and special tubes provided by us, you won't find a better outdoor winter activity.

### Tube Tickets

Category	Two Hours
Family (up to 4 people)	\$54
Individual	\$17
Groups (10 or more)	\$15
Helmet rental	\$8

- Only 1 person per tube at a time
- Only Sunridge tubes can be used
- You must be at least 48 inches tall (4' or 1.2m) to use the park.
- Tubes may not be removed from the tube area
- Helmets are strongly recommended.
- You must be at least 7 years of age.



# Sunridge School Field Trips

## Outdoor winter fitness

Waiting for the busses to arrive in the morning, the instructors, rental staff and management at Sunridge drink coffee, chat quietly and laugh softly. This is the last moment of peace and quiet they will get until the students are on the bus to go back to school. Once the students arrive, organized mayhem erupts, the staff distribute lift tickets, review some safety information with the students in the chalet, organize the students into groups, and get them into their equipment and out on the hill.

Sunridge Ski Area offers lesson programs catering to school classes, from Kindergarten through Grade 12. Our program stresses safety for the students, as well as teaching the students to enjoy the outdoor recreational sport of skiing or snowboarding.

Sunridge has the advantage of having 3 bunny hills, from extremely easy to modestly long but also fairly easy. This can provide an opportunity for students to continue to progress without leaving the bunny hills. Not all students have had previous experience at skiing or boarding, and students may have

different levels of athletic skill, but at Sunridge, we can provide an environment conducive to learning both skiing or boarding. Once the students are organized they may be assigned a lesson time (for advanced students), or taken immediately (for beginners and novices). The instructor will take the beginners and show them the rudimentary basics of skiing with the goal of having the students skiing independently on the bunny hill after the lesson. This will include having the students learn to stand up on their own, as well as using the lifts safely. After this the students are free to ski on slopes according to their ability. Some students will want to try more difficult slopes, however in most cases, this is discouraged for safety reasons. If the student has improved, there may be the opportunity to upgrade after an evaluation from an instructor. After this they eat fries and chocolate bars in the chalet. Then they are rounded up and shipped back to the big yellow bus to go back to the school wearing somebody else's snow boots and no socks. Simply put, Sunridge can provide a good outdoor winter fitness experience, while introducing new skills and having some fun ripping up the snow. Tubing too you could do also. This means you have to be able to sit. How many people here know how to sit? Don't get up now.



## Weddings and Parties

The Sunridge Ski Area Chalet is the ideal setting for your wedding or company function. Our large cedar-paneled chalet includes a dining area with a central fireplace, a dance floor, open beam ceiling, and a spectacular view of the river valley.

The chalet can be rented on any day between April and late October and can seat up to 250 people; 115 in the upper area and 135 in the lower area.

## Catering

Our catering menus are attractively priced from \$48 per person and includes rental of the chalet, corkage (glasses, ice and mix for the bar), table setup and cleanup and all linens and place settings. We have varied menus, featuring quality meats and fresh produce, prepared emphasizing flavour and presentation, at an excellent value.

Visit our website at [SunridgeSkiArea.com](http://SunridgeSkiArea.com) for complete information, including our menu and prices for 2011.

Rent the ski area and the snowboarding park for the exclusive use of your community league, scout group or company.

Call 780-449-6555 for details



**Company Barbecues  
Anniversary Parties  
Weddings**



## Getting Here

You can find us just four blocks south of the Yellowhead Trail on 17 Street. We are across the river from Rundle Park in the Strathcona Science Park.

### Driving Directions

- From **Sherwood Park** - less than 10 minutes, just travel west on Baseline Road to 17 Street, turn north and look for the Sunridge sign.
- From **St. Albert** - only 25 minutes away, take the St. Albert Trail to the Yellowhead Trail, and then travel east on the Yellowhead to the 17 Street off-ramp, turn right and travel south for four blocks and look for the Sunridge sign.
- From **North Edmonton** - go to the Yellowhead Trail and travel east, take the 17 Street off-ramp, turn right and travel south for four blocks and look for the Sunridge sign.
- From **South Edmonton** - take either the Whitemud Freeway or 101 Avenue and travel east to 17 Street, turn north and look for the Sunridge sign.

## Hours of Operation

### Skiing / Snowboarding

#### Early Season Hours

Monday to Friday 5pm to 9pm  
Saturday and Sunday 9:30am to 5pm

#### Regular Hours

Monday to Friday 9:30am to 9pm  
Saturday and Sunday 9:30am to 5pm

#### Holiday Hours

December 18 to 23 - 9:30am to 5pm  
December 24 - 9:30am to 4pm  
December 25 - Closed  
December 26 to 30 - 9:30am to 5pm  
December 31 - 9:30am to 4pm  
January 1 - Noon to 5pm  
Feb. 21 - 9:30am to 5pm

### Snowtubing

#### Regular Hours

Friday - 5:00pm to 9:00pm  
Saturday and Sunday  
Noon to 4pm

#### Holiday Hours

Dec. 25 - Closed  
Dec. 18 to Jan. 2 - Noon to 4pm  
Feb. 21 - Noon to 4pm

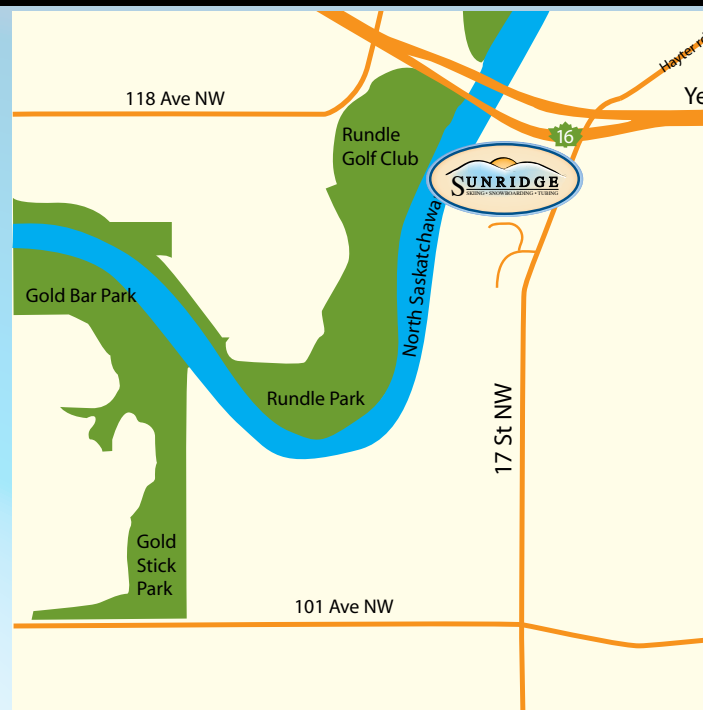
Our ski season is from  
November 13, 2010 to mid-March 2011.

## Skiing, snowboarding and tubing We've got everything for Winter Fun!

With our **TRIPLE CHAIRLIFT**, we now have six ski lifts that service 14 groomed runs, including our friendly Bunny Hill with the Carpet Lift, and lots of slopes for the more advanced snowboarder and skier.

Our Snowtubing Park (the only one in the Edmonton area) gives you a fast ride down and an easy ride up on our dedicated snowtubing lift; no more walking up the hill.

And our 100% snow-making coverage ensures quality snow conditions all winter. We are **NEAR BY** so even if you come later than expected, we have great **NIGHT SKIING**.



SKIING · SNOWBOARDING · TUBING