



## SUNNYCREST PARK ASSOCIATION

# SUNNYCREST PARK XC SKI TRAILS

Sunnycrest Park has 2.5 miles of groomed cross-country ski trails right in the heart of Syracuse! Trails are maintained by the Sunnycrest Park Association and the City of Syracuse Parks Department. Lighted areas for night skiing. Snowshoeing is also encouraged. Trails start at the Sunnycrest Ski Lodge (Golf Clubhouse). Parking is available at the Ski Lodge and Ice Rink.

**Hours of Operation:** Trails open 7 days a week.  
Ski Lodge open 10-5 Sat. and 10-5 Sun.  
Ski Lodge is also open during the programs listed below

Rentals available weekends at the Ski Lodge. Adult rentals \$5 per set.  
Free rentals to youth, high school students, Seniors, Fire and Police Departments!

### Winter 2009-2010 Schedule

#### **Sunnycrest Bill Koch Youth Ski Program**

**Tuesdays 6:00 to 7:15 PM Starting December 1, 2009 ending in March 2010**

For ages 5-12. *We encourage all youth to join the youth XC ski club! Families welcome!*

Learn basic skiing skills and participate in ski games. Meet at Sunnycrest Ski Lodge (Golf Clubhouse). Free youth ski rentals. For instruction, must become a club member and join NYSSRA. Club leader: Russell Houck 423-3145 (email:russell\_houck@partech.com). Skis and grooming provided by the Sunnycrest Park Association.

#### **Sunnycrest Park Association Learn to XC Ski Program**

**4 - 6 PM Thursdays and 1:30, 2, and 2:30 PM Sundays**

Free XC ski instruction for youth and adults. Instruction provided in conjunction with the Syracuse Department of Parks, Recreation and Youth Programs. Free youth ski rentals. \$5 rental for adults. Must sign Parks Department waiver to participate. Skis and grooming provided by the Sunnycrest Park Association. For more information: Mike Behnke at 374-7634.

#### **XC Ski Adventure**

Participate in two days (4 hours per day) of XC skiing fun and instruction! Skiing will be offered as part of the Syracuse Parks Department Winter Adventure. Targeted at youth ages 7-13. Programs are tentatively scheduled for December 29-30, 2009 and mid-February winter break in 2010. Please see the Syracuse Parks Department webpage for details and registration. Skis and grooming provided by the Sunnycrest Park Association.

**February 2010 Snowman Convention** – Snowmen will be showing up across the city and school artwork! Look for more information soon at the Sunnycrest website.

**All events are located at the Sunnycrest Ski Lodge (Golf Clubhouse near Caleb Street/Hickok St. park entrance). Events run December to March, snow conditions permitting.**  
**During Winterfest the Ski Lodge will be open from 12-5 everyday**

***Youth groups are encouraged to use the free skis at Sunnycrest!***

**Please register your group ahead. Contact Mike Behnke at 374-7634**

**New Ski Director: Emily Alexander - email: ecalexan1@gmail.com**

**Website: [www.sunnycrestparkassociation.com](http://www.sunnycrestparkassociation.com) (Snow conditions updated daily)**