

















Level	Terrain	SKI ABILITY GUIDE	Recommended Products
1		<p>CURRENT ABILITY: You have never skied before. It's taken a while, but we're glad you're here!</p> <p>GOAL: Introduction to equipment, environment and safety. Learn independence and how to create & slide in a wedge. Make a controlled stop whilst skiing and perhaps start to change direction. Learn how to ride the surface lifts safely and enjoy the view!</p>	<p>Starter Pack Private Lesson</p>
2		<p>CURRENT ABILITY: You can hold a wedge and increase its size to slow down and stop. You have started to learn to change direction in your wedge and you can ride the surface lifts safely.</p> <p>GOAL: Linked wedge turns in order to control your speed through turn shape. Learn how to ride a chairlifts safely.</p>	<p>Novice Pack Group Lessons Private Lesson</p>
3a		<p>CURRENT ABILITY: Now you're really moving! You have ridden a chairlift and can link wedge turns with comfortable speed down GREEN terrain.</p> <p>GOAL: Learn how to start a turn in a wedge and finish parallel! Increase your speed slightly but maintain control and get ready for slightly steeper terrain.</p>	<p>Novice Pack Group Lessons Private Lesson</p>
3b		<p>CURRENT ABILITY: You're almost there, those parallel turns are close but you still start in a wedge once in a while.</p> <p>GOAL: Initiate your turns parallel which will give you more control to be able to ski faster and steeper runs comfortably. Explore different conditions and see more of the mountain.</p>	<p>Progression Pack Group Lessons Private Lesson</p>
4		<p>CURRENT ABILITY: Your skis stay the same width and roughly parallel through the entire turn. You can ski BLUE runs confidently and speed control comes from turn shape.</p> <p>GOAL: To be able to make rhythmic parallel turns on ANY groomed run. Learning to have the skis grip better by using your edges in order to maintain control with increased speed on progressively steeper terrain. Starting to explore carving and skiing off piste.</p>	<p>Progression Pack Group Lessons Private Lesson</p>
5		<p>CURRENT ABILITY: You make strong parallel turns on ANY groomed terrain including BLACK runs. You have skied off piste, but don't feel totally comfortable in the bumps, crud or powder.</p> <p>GOAL: Exploring different turn sizes for situational skiing both on and off piste. Using your edges more effectively to get your skis to carve long radius turns. Learn where the best snow is, tackle intimidating terrain with new tactics whilst exploring more of the mountain.</p>	<p>Group Lessons Private Lesson Performance Centre Programs</p>
6		<p>CURRENT ABILITY: You make dynamic carving turns on black trails. You ski in control off-piste adapt to different conditions.</p> <p>GOAL: This is up to you... Tactics for terrain and refine skills for making skiing more balanced accurate and fun. Ski more dynamically with less effort.</p>	<p>Group Lessons Private Lesson Performance Centre Programs</p>

SNOWBOARD ABILITY GUIDE

Level	Terrain		Recommended Products
1		<p>CURRENT ABILITY: You have never ridden before. It's taken a while, but we're glad you're here!</p> <p>GOAL: Introduction to equipment, environment and safety. Learn independence by exploring balance & stance and play with mobility exercises so you can get around. Learn how to stop!</p>	<p>Starter Pack Private Lesson</p>
2a		<p>CURRENT ABILITY: You can get up on your own, stop on both edges and side slip on both toe and heel edges. You have started to learn skidded traverses and taking that into a floating leaf but that still needs some practice.</p> <p>GOAL: Build confidence and mobility on both edges; get the traversing and floating leaf nailed and taking it to the next level, a C-turn!</p>	<p>Novice Pack Group Lessons Private Lesson</p>
2b		<p>CURRENT ABILITY: You're feeling good on the beginner terrain! You can make individual C-turns in both direction but they need some work. You're comfortable riding the surface lifts with your board strapped on and sliding off the top.</p> <p>GOAL: Comfortable linking C-turns on beginner terrain in both directions mix it up by adding a little speed as you get ready for steeper terrain. Learn how to get on and off the chairlift safely in preparations for that first trip up!</p>	<p>Novice Pack Group Lessons Private Lesson</p>
3	 	<p>CURRENT ABILITY: Now you're really moving! You have ridden the beginner chairlift and can comfortably link skidded turns on GREEN terrain most of the way down! Starting to vary your turn size and shape.</p> <p>GOAL: Changing size & shape of turns and have better control on where you are going. You can start to explore some freestyle by learning how to Ollie or Nose / Tail press. As you get more comfortable with speed, you may try to ride some easy BLUE terrain explore more of the mountain.</p>	<p>Progression Pack Group Lessons Private Lesson</p>
4		<p>CURRENT ABILITY: Confident & balanced linking different size & shape turns on BLUE terrain on both edges.</p> <p>GOAL: You can ride forwards well, time to switch it up! Introduce strong edge turns (carving) and tactics for off piste so you can explore more of the mountain. By now you're comfortable riding ANY groomed run.</p>	<p>Progression Pack Group Lessons Private Lesson</p>
5	 	<p>CURRENT ABILITY: Can ride all groomed terrain with control & speed, you can ride switch and have some freestyle tricks up your sleeve. For the most part, your movements are efficient so you can stay balanced in different snow conditions.</p> <p>GOAL: Tactics for terrain and refine skills for making you're riding more balanced accurate and fun. Developing your skills or exploring new terrain such as steeper runs, bigger bumps or bigger hits in a safe and fun environment.</p>	<p>Group Lessons Private Lesson Performance Centre Programs</p>
6		<p>CURRENT ABILITY: You ride confidently in most terrain and conditions.</p> <p>GOAL: This is up to you. We can focus on what you want to develop or learn! You can focus on off piste and explore hidden parts of the mountain that only the locals know. Work on freestyle and nail that trick you've been trying. Work on being more efficient so you can ride all day and not be sore!</p>	<p>Group Lessons Private Lesson Performance Centre Programs</p>