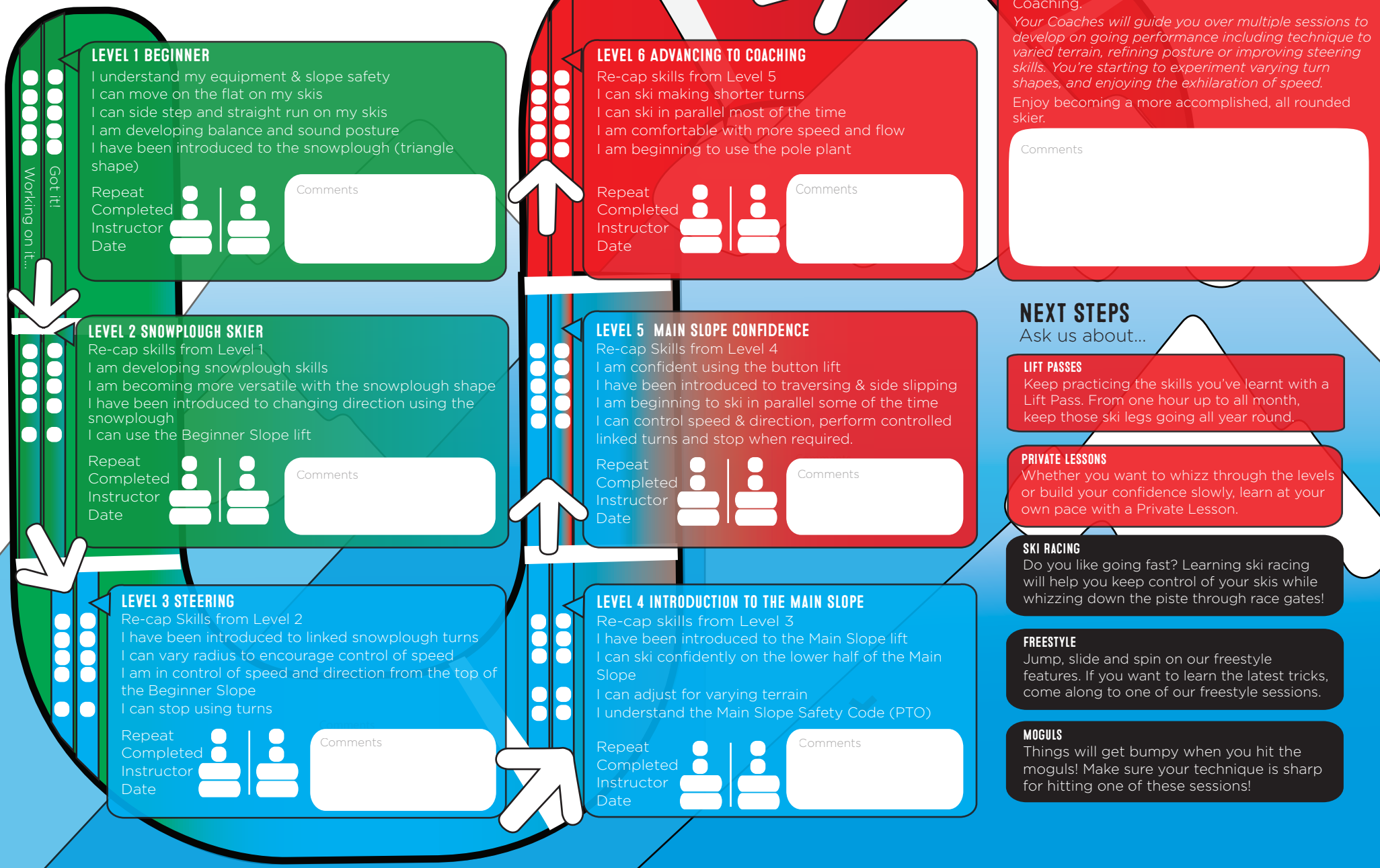




ADULT SKIER LEARNING JOURNEY



LEVEL 1 BEGINNER

I understand my equipment & slope safety
I can move on the flat on my skis
I can side step and straight run on my skis
I am developing balance and sound posture
I have been introduced to the snowplough (triangle shape)

Repeat Completed Instructor Date
Comments

LEVEL 6 ADVANCING TO COACHING

Re-cap skills from Level 5
I can ski making shorter turns
I can ski in parallel most of the time
I am comfortable with more speed and flow
I am beginning to use the pole plant

Repeat Completed Instructor Date
Comments

SKILLS DEVELOPMENT COACHING

I'm confident on the Main Slope or I have completed Level 6 and had some time to practice the skills I have learnt; Now I'm learning to effectively apply my skills and technique during Skills Development Coaching.

Your Coaches will guide you over multiple sessions to develop on going performance including technique to varied terrain, refining posture or improving steering skills. You're starting to experiment varying turn shapes, and enjoying the exhilaration of speed.

Enjoy becoming a more accomplished, all rounded skier.

Comments

LEVEL 2 SNOWPLOUGH SKIER

Re-cap skills from Level 1
I am developing snowplough skills
I am becoming more versatile with the snowplough shape
I have been introduced to changing direction using the snowplough
I can use the Beginner Slope lift

Repeat Completed Instructor Date
Comments

LEVEL 5 MAIN SLOPE CONFIDENCE

Re-cap Skills from Level 4
I am confident using the button lift
I have been introduced to traversing & side slipping
I am beginning to ski in parallel some of the time
I can control speed & direction, perform controlled linked turns and stop when required.

Repeat Completed Instructor Date
Comments

NEXT STEPS

Ask us about...

LIFT PASSES
Keep practicing the skills you've learnt with a Lift Pass. From one hour up to all month, keep those ski legs going all year round.

PRIVATE LESSONS
Whether you want to whizz through the levels or build your confidence slowly, learn at your own pace with a Private Lesson.

SKI RACING
Do you like going fast? Learning ski racing will help you keep control of your skis while whizzing down the piste through race gates!

FREESTYLE
Jump, slide and spin on our freestyle features. If you want to learn the latest tricks, come along to one of our freestyle sessions.

MOGULS
Things will get bumpy when you hit the moguls! Make sure your technique is sharp for hitting one of these sessions!

LEVEL 3 STEERING

Re-cap Skills from Level 2
I have been introduced to linked snowplough turns
I can vary radius to encourage control of speed
I am in control of speed and direction from the top of the Beginner Slope
I can stop using turns

Repeat Completed Instructor Date
Comments

LEVEL 4 INTRODUCTION TO THE MAIN SLOPE

Re-cap skills from Level 3
I have been introduced to the Main Slope lift
I can ski confidently on the lower half of the Main Slope
I can adjust for varying terrain
I understand the Main Slope Safety Code (PTO)

Repeat Completed Instructor Date
Comments