JUNIOR SKIER LEARNING JOURNEY

LEVEL 1A BEGINNER

I can put my skis on with assistance
I can walk around on the flat with my skis on
I can side step up the slope with assistance
I can turn around on the slope and hold a pizza shape (snowplough)
I can slide down with my skis in the shape of chips (parallel)

Working on it... Got it!

Repeat
Completed
Instructor
Date

Comments

LEVEL 1B BEGINNER IMPROVER

Re-cap skills from Level 1a
I can put my skis on by myself
I can side step with my skis on by myself (6+)
I can turn around and hold myself in a pizza shape on my own
I can complete 5 activities with my skis in a chip shape (parallel)

Repeat
Completed
Instructor
Date

Comments

LEVEL 2A SNOWPLOUGH SKIER, PIZZA SHAPE

Re-cap skills from Level 1
I can use the Trainer Slope lift
I can ski down slowly in a snowplough (pizza shape)
I can ski down making my snowplough bigger and smaller
I can ski towards the left and the right in a snowplough

Repeat
Completed
Instructor
Date

Comments

LEVEL 2B SNOWPLOUGH SKIER IMPROVER

Re-cap skills from Level 2a
I can make turns left and right
I can link 4 turns together
I can follow a short set path
I can ski from higher up the Beginner Slope in control

Repeat
Completed
Instructor
Date

Comments

LEVEL 3 TURNING

Re-cap skills from Level 2
I can turn to a stop
I can link 6 turns together
I can follow my instructor making turns
I can ski in control from the top of the Beginner Slope

Repeat
Completed
Instructor
Date

Comments

LEVEL 4 INTRODUCTION TO THE MAIN SLOPE

Re-cap skills from Level 3
I can use the button lift with assistance
I can control my speed & stop using snowplough turns
I can follow my instructor from the top of the Main Slope
I understand the Main Slope Safety Code (PTO)

Repeat
Completed
Instructor
Date

Comments

LEVEL 5 MAIN SLOPE CONFIDENCE

Re-cap skills from Level 4
I can ski on my own from the top of the Main Slope
I can use my turns to control my speed
I can confidently use the lift to the top of the Main Slope
I can control speed & direction, perform linked turns & stop when required.

Repeat
Completed
Instructor
Date

Comments

LEVEL 6 ADVANCING TO COACHING

I'm confident on the Main Slope or I have completed Level 5 and had some time to practice the skills I have learnt; Now I'm learning to ski with my skis more consistently parallel (chips) and less snowplough (pizza).

Your Coaches will now 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

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!