

ADULT SKIER LEARNING JOURNEY

LEVEL 1 BEGINNER

I understand how to use my ski equipment I can move and turn on the flat on my skis I can sidestep and straight run on my skis am developing good balance and posture I have been introduced to the snowplough

Completed Instructor (

LEVEL 2 SNOWPLOUGH SKIER

Re-cap skills from Level 1

I am developing snowplough skills

I can use the beginner lift

I have been introduced to steering and how to change direction using the snowplough

I have been introduced to the top of the beginner slope

Re-cap Skills from Level 2

I have been introduced to linking snowplough turns

Completed Instructor



LEVEL 6 ADVANCING TO COACHING

Re-cap skills from Level 5

I have been introduced to greater edge control I can ski parallel through the majority of the turn

I have been introduced to using poles

I am confident skiing from the top of the main

Repeat Completed

SKILLS DEVELOPMENT COACHING

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

LEVEL 5 MAIN SLOPE CONFIDENCE

I have been introduced to the top of the main slope I can confidently use the button lift to the top of the

Lam beginning to ski parallel towards the middle/end

I can control my speed and direction and perform linked turns, stopping when required



LEVEL 4 INTRODUCTION TO THE MAIN SLOPE

I am confident using the button lift I am confidently varying the size of my

NEXT STEPS

Ask us about...

LIFT PASSES

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

PRIVATE LESSONS

or build your confidence slowly, learn at your own pace with a Private Lesson.

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

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

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

LEVEL 3 STEERING

I am in control of my speed and direction from the



I can ski confidently on the lower part of the main slope and understand Slope Code of Conduct