

ADULT SKI LEARNING JOURNEY



LEVEL 1 - BEGINNER

- I can understand my equipment & slope safety
- I can move on the flat on my skis
- I can sidestep 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

LOCKED IN

WORKING ON IT

Comments

LEVEL 2 - SNOWPLOUGHING

- Recap 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 have been introduced to the Lesson Slope Lift and have been shown how to get on and off safely

REPEAT

COMPLETED

INSTRUCTOR

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Comments

LEVEL 3 - BASIC STEERING

- Recap skills from Level 2
- I have been introduced to linked snowplough turns
- I can use my turns to control my speed
- I am in control of speed and direction from the top of the Lesson Slope
- I can stop using turns
- I have been introduced to the Main Slope lift (where appropriate)

REPEAT

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LEVEL 6 - ADVANCING SKILLS

- Recap skills from Level 5
- I can ski making shorter turns developing more grip
- I am able to ski parallel through most of the turn
- I am getting more comfortable with speed and flow
- I am beginning to use the pole plant

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LEVEL 5 - BLENDED STEERING SKILLS

- Recap skills from Level 4
- I am confident using the button lift to the top of the Main Slope
- I have been introduced to skiing from the top of the Main Slope
- I am beginning to ski parallel some of the time
- I can control speed & direction, perform controlled linked turns, and stop when required
- I am starting to make adjustments for varying terrain

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LEVEL 4 - IMPROVING STEERING

- Recap skills from Level 3
- I am confident using the Main Slope button lift
- I can follow my instructor on a set path
- I can vary radius to encourage control of speed
- I am starting to match my skis at the end of the turn (parallel)
- I understand the Slope Code of Conduct

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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 round 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!