# **ADULT SNOWBOARD LEARNING JOURNEY**



# SKILLS DEVELOPMENT COACHING

I am already comfortable on the Main Slope. Now it is time to develop my snowboarding even more. Your coaches will now guide you and give you the tools to better your snowboarding in whichever area you desire, whether that be posture, types of steering, varied turn shapes, riding switch or flatland Freestyle. Enjoy becoming a more accomplished, all round rider.

#### **LEVEL 1 - BEGINNER**

I understand my equipment and slope etiquette I have started to develop balance and posture I can do a heel edge side slip without assistance

#### LEVEL 2 - MOVEMENT AND CHANGING DIRECTION

### I can toe edge diagonal side slip to the left and right I can heel edge diagonal side slip to the left and right

I can change my direction and control my speed on either edge

I am starting to steer my board steeper down the slope and back



#### **LEVEL 3 - FIRST TURNS**

Recap skills from Level 2 I can steer down the slope & back across on the same edge I can turn from toe edge to heel edge I can turn from heel edge to toe edge I can consistently make basic turns from the top of the Lesson Slope



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| LEVEL 6 - | ADVANCING SKILLS |
|-----------|------------------|
|           |                  |

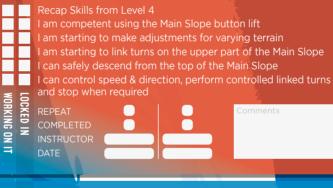
Recap skills from Level 5 I am consistently linking my turns from the top of Main Slope I can vary my turn shape and size

I am working on developing my posture and range of movement on the board

I am starting to ride with more flow

### LOCKED REPEAT

#### LEVEL 5 - BUILDING CONFIDENCE



#### LEVEL 4 - LINKING TURNS

Recap Skills from Level 3 I have been shown how to use the Main Slope button lift I have been introduced to linked turns by travelling diagonally, 

across the slope

I am aware of the Slope Code of Conduct

I can Snowboard on the lower part of the Main Slope 

## LOCKED IN WORKING ON \_

### 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!

# 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 snowboard 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.