

ADULT SNOWBOARD

LEARNING JOURNEY



LEVEL 1 - BEGINNER

- ☐ I understand my equipment and slope etiquette
- ☐ I have tried some one footed skills
- ☐ I have started to develop balance and posture
- ☐ I can do a heel edge side slip without assistance
- ☐ I can do a toe edge side slip without assistance

WORKING ON IT	LOCKED IN	REPEAT	<input type="checkbox"/>	<input type="checkbox"/>	Comments
	COMPLETED				
	INSTRUCTOR	<input type="checkbox"/>	<input type="checkbox"/>		
	DATE	<input type="checkbox"/>	<input type="checkbox"/>		

LEVEL 2 - MOVEMENT AND CHANGING DIRECTION

- ☐ Recap of skills from Level 1
- ☐ I can use weight-shift to change 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 with no assistance
- ☐ I am starting to steer my board steeper down the slope and back
- ☐ I have been introduced to the Lesson Slope lift

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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

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LEVEL 5 - BUILDING CONFIDENCE

- ☐ Recap Skills from Level 4
- ☐ I am competent using the Main Slope button lift
- ☐ I am starting to make adjustments for varying terrain
- ☐ I am starting to link turns on the upper part of the Main Slope
- ☐ I can safely descend from the top of the Main Slope
- ☐ I can control speed & direction, perform controlled linked turns and stop when required

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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

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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.

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 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.

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!