

JUNIOR SKI LEARNING JOURNEY



LEVEL 1A - BEGINNER

<input type="checkbox"/>	<input type="checkbox"/>	I can put my skis on with assistance
<input type="checkbox"/>	<input type="checkbox"/>	I can walk around on the flat with my skis on
<input type="checkbox"/>	<input type="checkbox"/>	I can side step up the slope with assistance
<input type="checkbox"/>	<input type="checkbox"/>	I can turn around and hold my skis in a pizza shape (snowplough)
<input type="checkbox"/>	<input type="checkbox"/>	I can slide down with my skis in the shape of chips (parallel)
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 1B - BEGINNER IMPROVER

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 1a
<input type="checkbox"/>	<input type="checkbox"/>	I understand my ski equipment
<input type="checkbox"/>	<input type="checkbox"/>	I have been introduced to side stepping
<input type="checkbox"/>	<input type="checkbox"/>	I can turn around and hold myself in a pizza shape on my own
<input type="checkbox"/>	<input type="checkbox"/>	I can complete several activities with my skis parallel
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 2(A*) - SNOWPLOUGH SKIER, PIZZA SHAPE

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 1
<input type="checkbox"/>	<input type="checkbox"/>	I can use the Lesson Slope lift (The Magic Carpet)
<input type="checkbox"/>	<input type="checkbox"/>	I can ski down slowly in a snowplough (Pizza shape)
<input type="checkbox"/>	<input type="checkbox"/>	I can ski down making my snowplough bigger and smaller
<input type="checkbox"/>	<input type="checkbox"/>	I have been shown how to point my skis left and right
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 2(B*) - SNOWPLOUGH SKIER IMPROVER

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 2a
<input type="checkbox"/>	<input type="checkbox"/>	I can make turns left and right in a snowplough
<input type="checkbox"/>	<input type="checkbox"/>	I can link turns together
<input type="checkbox"/>	<input type="checkbox"/>	I can follow a short set path
<input type="checkbox"/>	<input type="checkbox"/>	I can ski from higher up the Lesson Slope in control
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 6 - ADVANCING SKILLS

<input type="checkbox"/>	<input type="checkbox"/>	Recap of Level 5
<input type="checkbox"/>	<input type="checkbox"/>	I am starting to make adjustments for varying terrain
<input type="checkbox"/>	<input type="checkbox"/>	I can ski by myself on the main slope
<input type="checkbox"/>	<input type="checkbox"/>	I am learning how to ski more parallel
<input type="checkbox"/>	<input type="checkbox"/>	I am comfortable with more speed and flow
<input type="checkbox"/>	<input type="checkbox"/>	I am developing my posture and balance
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 5 - BLENDING STEERING SKILLS

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 4
<input type="checkbox"/>	<input type="checkbox"/>	I can ski on my own from the top of the Main Slope
<input type="checkbox"/>	<input type="checkbox"/>	I can use my turns to control my speed
<input type="checkbox"/>	<input type="checkbox"/>	I can use the button lift to the top of the Main Slope
<input type="checkbox"/>	<input type="checkbox"/>	I can follow my instructor from the top of the Main Slope
<input type="checkbox"/>	<input type="checkbox"/>	I can control speed & direction, perform linked turns & stop when required
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 4 - IMPROVING STEERING

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 3
<input type="checkbox"/>	<input type="checkbox"/>	I can use the Main Slope button lift with assistance
<input type="checkbox"/>	<input type="checkbox"/>	I can control my speed and stop using snowplough turns
<input type="checkbox"/>	<input type="checkbox"/>	I am starting to match my skis at the end of the turn
<input type="checkbox"/>	<input type="checkbox"/>	I understand the Slope Code of Conduct
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

LEVEL 3 - BASIC STEERING

<input type="checkbox"/>	<input type="checkbox"/>	Recap skills from Level 2
<input type="checkbox"/>	<input type="checkbox"/>	I can turn to a stop
<input type="checkbox"/>	<input type="checkbox"/>	I can link multiple turns together
<input type="checkbox"/>	<input type="checkbox"/>	I can follow my instructor making turns
<input type="checkbox"/>	<input type="checkbox"/>	I can ski in control from the top of the Lesson Slope
WORKING ON IT	LOCKED IN	REPEAT
		COMPLETED
		INSTRUCTOR
		DATE
		Comments

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 and 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...

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.

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!

*(A) and (B) only applies to Ages 4 and 5-6

