

















Level	Terrain	SKI ABILITY GUIDE	Recommended Products
1	 EASIEST	CURRENT ABILITY: You have never skied before. It's taken a while, but we're glad you're here! GOAL: Introduction to equipment, environment and safety. Learn independence and how to create & slide in a wedge. Make a controlled stop whilst skiing and perhaps start to change direction and learn to ride surface lifts safely and enjoy the view!	Starter Pack Group Lessons Private Lessons
2	 EASIEST	CURRENT ABILITY: You can hold a wedge and increase its size to slow down and stop. GOAL: Linked wedge turns in order to control your speed through turn shape.	
3a	 EASIEST	CURRENT ABILITY: Now you're really moving! You have ridden surface lifts and can link wedge turns and control your speed through turning. GOAL: Learn how to ride a chairlifts safely. Learn how to start a turn in a wedge and finish parallel! Increase your speed slightly but maintain control and get ready for slightly steeper terrain.	Progression Pack Group Lessons Private Lessons
3b	 EASIEST  DIFFICULT	CURRENT ABILITY: You're almost there; your skis are becoming parallel towards the last part of your turn. GOAL: To initiate your turns with a smaller wedge and make the skis parallel earlier in the turn and explore different runs and see more of the mountain.	
4	 DIFFICULT	CURRENT ABILITY: You start your turns with a small wedge and are making your skis parallel in the first part of the turn. GOAL: For your skis to stay the same width and remain parallel throughout the entire turn. You will learn to make the skis grip by using your edges. This will give you more control to be able to ski faster and steeper runs comfortably and get a taste of carving.	Progression Pack Group Lessons Private Lessons
5	 DIFFICULT  MORE DIFFICULT	CURRENT ABILITY: You can ski BLUE runs confidently and speed control comes from turn shape and grip. GOAL: To be able to make rhythmic, dynamic parallel turns on ANY groomed run. Exploring different turn sizes for situational skiing and maybe some off-piste. Using your edges more effectively to get your skis to carve long radius turns.	
6	 MORE DIFFICULT	CURRENT ABILITY: You make strong parallel turns on ANY groomed terrain and can vary the turn size and shape. You have skied off-piste, but don't feel totally comfortable in the bumps, crud or powder. GOAL: Learn where the best snow is; tackle intimidating terrain with new tactics whilst exploring more of the mountain. This is up to you... You will learn tactics for terrain and refine skills for making skiing more balanced accurate and fun. Ski more dynamically with less effort.	Group Lessons Private Lessons

Level	Terrain	SNOWBOARD ABILITY GUIDE	Recommended Products
1		<p>CURRENT ABILITY: You have never ridden before. It's taken a while, but we're glad you're here!</p> <p>GOAL: Introduction to equipment, environment and safety. Learn independence by exploring balance & stance and play with mobility exercises so you can get around. Learn how to stop!</p>	<p>Starter Pack Group Lessons Private Lessons</p>
2a		<p>CURRENT ABILITY: You can get up on your own, stop on both edges and side slip on both toe and heel edges. You have started to learn skidded traverses and taking that into a floating leaf but that still needs some practice.</p> <p>GOAL: Build confidence and mobility on both edges; get the traversing and floating leaf nailed and taking it to the next level, a C-turn!</p>	<p>Starter Pack Group Lessons Private Lessons</p>
2b		<p>CURRENT ABILITY: You're feeling good on the beginner terrain! You can make individual C-turns in both direction but they need some work. You're comfortable riding the surface lifts with your board strapped on and sliding off the top.</p> <p>GOAL: Comfortable linking C-turns on beginner terrain in both directions mix it up by adding a little speed as you get ready for steeper terrain. Learn how to get on and off the chairlift safely in preparations for that first trip up!</p>	<p>Progression Pack Group Lessons Private Lessons</p>
3		<p>CURRENT ABILITY: Now you're really moving! You have ridden the beginner chairlift and can comfortably link skidded turns on GREEN terrain most of the way down! Starting to vary your turn size and shape.</p> <p>GOAL: Changing size & shape of turns and have better control on where you are going. You can start to explore some freestyle by learning how to Ollie or Nose / Tail press. As you get more comfortable with speed, you may try to ride some easy BLUE terrain explore more of the mountain.</p>	<p>Progression Pack Group Lessons Private Lessons</p>
4		<p>CURRENT ABILITY: Confident & balanced linking different size & shape turns on BLUE terrain on both edges.</p> <p>GOAL: You can ride forwards well, time to switch it up! Introduce strong edge turns (carving) and tactics for off-piste so you can explore more of the mountain. By now you're comfortable riding ANY groomed run.</p>	<p>Progression Pack Group Lessons Private Lessons</p>
5		<p>CURRENT ABILITY: Can ride all groomed terrain with control & speed, you can ride switch and have some freestyle tricks up your sleeve. For the most part, your movements are efficient so you can stay balanced in different snow conditions.</p> <p>GOAL: Tactics for terrain and refine skills for making you're riding more balanced accurate and fun. Developing your skills or exploring new terrain such as steeper runs, bigger bumps or bigger hits in a safe and fun environment.</p>	<p>Group Lessons Private Lessons</p>
6		<p>CURRENT ABILITY: You ride confidently in most terrain and conditions.</p> <p>GOAL: This is up to you. We can focus on what you want to develop or learn! You can focus on off-piste and explore hidden parts of the mountain that only the locals know. Work on freestyle and nail that trick you've been trying. Work on being more efficient so you can ride all day and not be sore!</p>	<p>Group Lessons Private Lessons</p>