



## Description of Skiing Levels

### Skiing

#### Level 1 (Gliding Wedge)

- 1.1 – I have never skied before.
- 1.2 – I can stand, walk, climb and glide.
- 1.3 – I can do a gliding wedge, slow down and stop.
- 1.4 – I can ride the short Wonder Carpet and do slight turns.

#### Level 2 (Wedge Turns)

- 2.1 – I can ride the Wonder Carpet and make controlled linked wedge turns to the bottom.
- 2.2 – I can make controlled linked wedge turns and make spontaneous wide and narrow turns.
- 2.3 – I can make spontaneous turns and come to a complete stop by turning in either direction.
- 2.4 – I can ride the chair and do the above.

#### Level 3 (Wedge Christies)

- 3.1 – I have begun working on reducing the size of my wedge turns.
- 3.2 – I can start all of my turns in a wedge and bring my skis to match at the end of each turn.
- 3.3 - Introduction to Wedge Christie turns.

#### Level 4 (Advanced Wedge Christies and Introduction to Poles)

- 4.1 – I have begun working on Advanced Wedge Christies (bringing my skis together early in the turn.)
- 4.2 – I can wedge my skis slightly at the beginning of each turn but bring them together very early in my turn.
- 4.3 – I can ski moderately, and I am beginning to use my inside pole as a timing and steading device.

#### Level 5 (Open Parallel)

- 5.1 – I have begun to work on keeping my skis parallel without a wedge.
- 5.2 – I can change the edges of my skis at the same time without a wedge.
- 5.3 – I can use a pole touch to time and steady my turns.

#### Level 6 (Dynamic Parallel)

- 6.1 – I can use my whole body towards the new turn to change directions.
- 6.2 – I can swing and touch my pole to the snow to start each turn.
- 6.3 – I can link parallel turns continuously.

#### Level 7 (Short Radius Turns)

- 7.1 – I have begun to work on short radius turns.
- 7.2 – I can do short radius turns and my lower body and torso faces downhill continuously.
- 7.3 – I can do short radius turns and block each turn with a solid pole plant.

#### Level 8 (Carved Turns)

- 8.1 – I can roll into and early edge and hold the edge throughout the entire turn, leaving a narrow track in the snow.
- 8.2 – I can also ski to control my speed.
- 8.3 – I can ski any and all terrain, ice, moguls, steeps and racecourses.

Skiing Level Selected \_\_\_\_\_

Please be sure to include this on the front of application.

## Description of Snowboarding Levels

### Snowboarding

#### Level 1 (Flat Terrain, One Foot)

- 1.1 – I can manage a snowboard on flat terrain, skating and gliding.
- 1.2 – I can walk and climb.
- 1.3 – I can manage J- turns.
- 1.4 – I am learning uphill edge.

#### Level 2 (Wonder Carpet)

- 2.1 – I can load and unload safely on the Wonder carpet.
- 2.2 - I can traverse and stop with J-turn (two feet).
- 2.3 – I can skid on traverse.
- 2.4 – I can traverse with garlands.

#### Level 3 (Turning)

- 3.1 – I can turn in both directions.
- 3.2 – I can link turns.
- 3.3 – I can safely load and unload on the chairlift.

Snowboarding Level Selected \_\_\_\_\_

Please be sure to include this on the front of application.

#### Level 4 (Speed Control)

- 4.1 – I can manage basic linked and skidded turns.
- 4.2 – I am working on speed control, form, and balance.

#### Level 5 (Adapting to different terrain and snow conditions)

- 5.1 – I can link turns of various shape and duration.
- 5.2 – I can adjust speed on steeper terrain.
- 5.3 – I can adjust stance to accommodate changing terrain and snow conditions.

#### Level 6 (Carving and Dynamic Riding)

- 6.1 – I am working on adjusting my posture, tilting, pivoting, twisting and pressure distribution.
- 6.2 – I can carve turns of various size, shape, and duration.

#### Level 7 (Short Radius Turns)

- 7.1 – I can manage short, skidded turns in the fall line with speed control.
- 7.2 – I can manage short carved turns in the fall line.

#### Level 8 (Fakie/Switch)

- 8.1 – Intro to fakie and switch riding.
- 8.2 – I can manage all terrain and snow conditions safely and confidently.

## Important Information

- Rentals need to be fitted in the rental shop no later than 2 weeks before programs begin.
- Please arrive 45 minutes to 1 hour early on the first day of programs to allow time to check in and obtain rentals.
- When you arrive check in at guest services to obtain your lesson tag for the program, keep this tag for the duration of the program.
- After you have your lesson tag and equipment go outside to the traffic cone that has the same group number that is listed on your lesson tag to meet your instructor.
- Be sure to dress warm and bring additional gloves and mittens.
- Parents can ski/ride while their child is in lessons for a \$20 parent ticket.
- If you have a lesson tag you may use that tag as a lift ticket for the remainder of the day on the day of your lessons only.
- Be sure to check out the bonus days listed on the back of your lesson tag for lift tickets to McIntyre and other ski areas starting NH February vacation week.
- If you have any other questions visit Guest Services.