

LEVEL 1 - BEGINNER

Terrain: Flat areas. Green

Task: Glide, Wedge & Stop

Lift: Freedom 7

- Introduction to equipment.
- Walk, climb and glide.
- Gliding wedge- slow down & stop.
- Direction changes to the right and left.
- Introduction and ride the Freedom 7 conveyor, link wedge turns and stop.

LEVEL 2 - BEGINNER

Terrain: Beginner areas. Queens Trail.

Task: Wedge turns & stop, Introduction to the chairlift.

Lift: Moonwalk Magic

- Ride the Moonwalk Magic conveyor, controlled link wedge turns.
- Make controlled wide & narrow turns, control speed.
- Make spontaneous wedge turns and come to a complete stop in both directions at the end of a turn.
- Introduced to the chairlift using practice chair.
- Understand all safety rules of riding the chair.

LEVEL 3 - BEGINNER

Terrain: Green

Task: Wedge christie & speed control

Lift: Appollo 14 & Mercury Redstone

- Reducing wedge turn size & maintaining speed control.
- Developing rhythm while linking skidded wedge turns.
- Control speed by turn shape and wedge size.
- Wedge turns to parrallel match wedge christie.
- Match skis parallel in turn to a skidded christie.

LEVEL 4 - BEGINNER INTERMEDIATE

Terrain: Green & Blue

Task: Reduction of wedge size open parallel

Lift: Apollo 14 & Mercury Redstone

- Reducing wedge size matching skis parallel earlier in turn.
- Turn shape complete and round. Steering, edging, pressure control & rotary.
- Pole swing touch rhythm and timing in turns.

LEVEL 5 - INTERMEDIATE

Terrain: Blue

Task: Parallel and pole touch

Lift: Apollo 14 & Mercury Redstone

- Skis are parrallel without a wedge.
- Change edges of skis at the same time.
- Can pole swing & touch in all turns.

LEVEL 6 - INTERMEDIATE

Terrain: All- Most Conditions

Task: Dynamic Parallel

Lift: Apollo 14 & Mercury Redstone

- Skidded dynamic parallel turns.
- Steering, edging, pressure control, rotary & balance.
- Linking parallel turns continuously.
- Short radius turns.

LEVEL 7 - INTERMEDIATE ADVANCED

Terrain: All- All Conditions **Task:** Carving

Lift: Apollo 14 & Mercury Redstone

- Carve medium and long radius turns.
- Short radius turns on steeper terrain speed

LEVEL 8 - ADVANCED

Terrain: All **Task:** Advanced Parallel

Lift: Apollo 14 & Mercury Redstone

- Making turns more dynamic with good timing & rythm,
- Use turn shape to increse & decrease speed.