

# **ABILITY LEVEL GUIDE FOR SKI SCHOOL**

### **LEVEL 1: NEVER EVER**

This is your first time skiing or snowboarding. You have never skied or snowboarded before. You want to start at the very beginning with a user- friendly step by step progression.

#### **LEVEL 2: ONCE OR TWICE**

You have been out on the hill a couple of times but you still consider yourself a beginner and are still a bit nervous getting on skis or a board. You may be having trouble turning in both directions and controlling your speed and need a refresher on how to get on and off the chairlift. You have been on the easiest green runs and think it may be nice to start in the beginner area.

#### **LEVEL 3: GREEN RUNNER**

You are able to ride the chairlift and are becoming more comfortable on Green runs but would like to gain more confidence, even graduating to some easy blue runs. You are happy to start the lesson going straight up the chair lift.

#### **LEVEL 4: BLUE RUNNER**

You can comfortably link turns and can ski blue runs, but avoid moguls. You need to learn skills to be able to challenge some of the black diamonds and maybe learn how to ski moguls.

#### **LEVEL 5: BLACK DIAMOND RUNNER**

You ski blue runs with confidence and look for Black diamond runs with varied terrain. You would like to ski Black Diamond runs with more style. You can get down the bumps and the steeps but need to learn how to keep your rhythm and speed under control.

## LEVEL 6: DOUBLE BLACK DIAMOND RUNNER (Private Lessons Only)

You are comfortable on your skis and snowboard all over the mountain and are looking for new ways to challenge yourself and improve your performance. You have room for improvement in your technical skills but also need an introduction to some new lines on the mountain and some new tactics to help you "rip it up"