

What Level are You?

SKI

LEVEL 1

You will learn to walk, climb, turn and stop.

LEVEL 2

You can walk, climb, turn and stop.

You will learn to control speed and direction.

LEVEL 3

You can control speed and direction.

You will learn to control speed with skidded turns.

LEVEL 4

You can control speed with skidded turns.

You will learn to vary turn shapes using a narrow wedge or parallel position.

LEVEL 5

You can vary turn shapes using a narrow wedge or parallel position.

You will learn to ski parallel with pole usage.

LEVEL 6

You can ski parallel with pole usage.

You will learn to make long and short turns, and explore easy bumps.

LEVEL 7

You can ski long and short turns and easy bumps.

You will learn to ski all terrain in all conditions.

SNOWBOARD

LEVEL 1

You will learn to skate, climb, sideslip, and traverse.

LEVEL 2

You can skate, climb, sideslip, and traverse.

You will learn toe and heel side turns.

LEVEL 3

You can do toe and heel side turns.

You will learn to control speed thru linked toe and heel side-skidded turns.

LEVEL 4

You can control speed thru linked toe and heel side-skidded turns.

You will learn flexion and extension movements.

LEVEL 5

You can vary turn shape and control speed.

You will learn to carve toe and heel, and ride switch.

LEVEL 6

You can carve toe and heel and ride switch.

You will learn to make long and short turns, explore easy bumps, and park and pipe elements.

LEVEL 7

You can make long and short turns, ride easy bumps, and easy park elements.

You will learn to ride all terrain and difficult park and pipe elements.

