



## TABLE MOUNTAIN REGIONAL PARK LESSONS

All students are required to take lessons. NO EXCEPTIONS.

There are three levels of skiing and snowboarding lessons that are offered:

### SKIING LEVELS

**RED** An introduction to skiing, designed for first or second time skiers  
We stay on the Bunny Hill.

**GREEN** Ski improvement, for skiers that can turn both ways and stop using a snowplow stance. We generally go straight to the top of the chair

**BLUE** This level is for skiers that can parallel ski and are ready for a new challenge

### SNOWBOARDING LEVELS

**YELLOW** An introduction to snowboarding designed for first or second time snowboarders.  
We generally stay on the Bunny Hill

**ORANGE** Rider improvement for snowboarders who are ready to start turning or still have trouble linking turns. We go straight to the top of the hill

**BLACK** This level is for confident riders who want to improve their skills

- We strongly suggest that students sign up in the lesson of their ability and not that of their friends. Levels should be based on skill not peer pressure
- **Once students have been assigned to a lesson they cannot change lesson or equipment (ex: from snowboarding to skiing)**
- We also strongly recommend that schools adopt a policy that all students participating **MUST** show up to their lesson and wear a proper snow sport helmet

PLEASE DETACH & HAVE THE STUDENT BRING WITH THEM INTO THE RENTALS DEPARTMENT

STUDENT NAME: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ SHOE SIZE: \_\_\_\_\_

ABILITY LEVEL (CHECK ONE OFF)

SKIING:  RED  GREEN  BLUE

OR

SNOWBOARDING:  YELLOW  ORANGE  BLACK