



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