



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)**
- Beginner Skier and Snowboard Lessons (Red & Yellow) take place first things, Intermediate and advanced groups will take place after the beginner lessons have been completed. Please remind your child that they should ride/ski to THEIR ability ONLY!
- Helmets are required for ALL Students & Chaperones in the school program!

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