



## 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