



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 We will be going through the Terrain Park and down Black Diamond runs
SNOWBLADES	You must be a blue skier in order to use snowblades and you must bring your own equipment. Snowblades cannot be rented

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 will be going through the Terrain Park and down Black Diamond runs

- 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
- All personal snowboards must have a leash restraint

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