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| **LEVEL** | **SNOWBOARDING ABILITY LEVEL** |
| **1** | **This is my first time.**  I have never snowboarded before or have tried it once, but don't feel confident and want to start again. |
| **2** | **I have tried it once or twice before.**  I am able to slide and stop, both on heel-side and toe-side, but struggle to change my edge in the fall line, on Green slopes. I may have used a ski tow. |
| **3** | **I can control my speed and link turns on a green run.**  I am able to link turns on gentle green runs possibly some blue runs. I am comfortable using a ski tow. |
| **4** | **I Snowboard blue runs confidently and can get down red runs when the conditions are good.**  I can snowboard comfortably on blue runs and some red runs. I may be unsure when runs are steep, narrow or icy. I would like to explore more varied terrain. |
| **5** | **I Snowboard red runs and most black runs when the conditions are good.**  I am able to link turns on red runs and easy black runs. I would like to improve technique and increase my experience in the terrain park, off-piste, and variable conditions. |

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| **LEVEL** | **SKIING ABILITY LEVEL** |
| **1** | **This is my first time.**  I have never skied before or not yet able to hold a snow plough on a gentle slope. |
| **2** | **I have tried it once or twice before.**  I can do snow plough turns controlling my speed on gentle slopes. I May have used a ski tow. |
| **3** | **I can control my speed and link turns on a green run.**  Ability to link strong snow plough turns on green and some blue terrain, and working on my plough parallel. I feel comfortable on green runs but rarely venture onto blue runs and comfortable using a ski tow. |
| **4** | **I ski blue runs confidently and can get down red runs when the conditions are good.**  I am able to ski parallel turns consistently on green and some blue terrain and I am starting to pole plant. I get a little unsure when it's steep, narrow or icy. |
| **5** | **I ski red runs and most black runs when the conditions are good.**  I am able to ski strong parallel turns with a pole plant on all red runs and some black runs. I would like to explore more varied terrain and improve technique.  Note. At this level we only offer private lessons as they can be better geared to the needs of the individual. |

**Snowboard Ability Levels**

**Level 1**

*Who:* It’s your first time. You have never snowboarded before. Or you have tried it once, or maybe done a taster session and you just want to start again.

*What to expect:* Get to grips with the basics. You will learn how to strap in, move around on the flat, learn how to stand correctly on the board and how to brake on both edges. Once you have these basics in place you will move on to learning how to steer the board.

*Goal:* By the end of the session we hope you can slow down, stop and zig-zag left and right.

**Level 2**

*Who:* You have done some snowboarding before, perhaps completed the Level 1 or done a day or two elsewhere. You can slide to a stop on both edges, you can steer the board left and right and may have possibly tried turning.

*What to expect:* You will build on your current foundation, checking some fundamental skills are in place first. Then progress to perfecting your floating leaf and making your first turns. You may be introduced to the lifts if conditions permit.

*Goal:* By the end of the session we hope you have made your first turns!

**Level 3**

*Who:* You have started to link your turns, but struggle when the terrain is steeper than the nursery slope.

*What to expect:* You will start with a refresher of turning technique, working towards linking your turns smoothly on a green run. You will be introduced to the surface lifts and riding more of the mountain.

*Goal:* By the end of the session we hope you feel comfortable on green runs and have started to consistently link turns.

**Level 4**

*Who:* You can snowboard confidently on green runs and may have been on a blue run when conditions were good. You are looking to further improve your technique and become a fully certified snowboarder!

*What to expect:* You will be developing your steering ability and starting to experiment with the shape and size of your turns by getting more grip from your board. Once comfortable you will venture on to blue runs and learn the techniques of riding steeper terrain.

*Goal:* To become more confident on a variety of terrain

**Level 5**

*Who:* You can snowboard on most runs, you are confident on blue and done a few reds and maybe even a black. You now want to explore more aspects of Snowboarding, such as the terrain park, off-piste, carving and riding variable conditions.

*What to expect:* At this level we only offer private lessons as they can be better geared to the need of the individual. For this reason you can expect 100% of the instructor’s time dedicated to you and your specific goals.

*Goal:* Whatever you want it to be.

**Ski Ability Levels**

**Level 1**

*Who:* It’s your first time. You have never skied before. Or you have tried it once, but not quite got your snowplough. Or maybe you’ve done a taster session but just want to start again.

*What to expect:* Getting to grips with the basics. You will learn how to clip in, slide around on the flat, side-step, straight run and get to grips with the snowplough.

*Goal:* By the end of the session we hope you will be comfortable with your equipment. You should also be able to control your speed with your snowplough.

**Level 2**

*Who:* You have done some skiing before, you can hold a good snowplough and control your speed. You have achieved all the goals of the Level 1 session.

*What to expect:* You will start by checking your snowplough and ensuring you can control your speed. The session will quickly move on to turning and changing your direction. Here you will be linking your snowplough turns and start to feel the flow.

*Goal:* By the end of the session you should be able to link your turns, be introduced to the ski tow and feel confident controlling your speed and direction. You will be starting on the path of plough-parallel

**Level 3**

*Who:* You can comfortably control your speed, link your turns on a green run and have started with plough-parallel turns.

*What to expect:* You will start on green terrain, getting straight back in to turning and controlling your speed. From here you will be developing your steering ability by moving from plough to plough parallel turns. This will let you move onto blue terrain.

*Goal:* By the end of the session we hope you feel more comfortable with your turns and relying less on the Snowplough. You have started to learn the appropriate techniques to deal with the steeper terrain. You are almost a parallel skier.

**Level 4**

*Who:* You can parallel turn on green runs but still plough-parallel on blues.

*What to expect:* You will continue refining your technique and perfect your parallel turns. You will be exploring more of the mountain. The session will include dealing with steeper/red runs.

*Goal:* By the end of the session you will hopefully be parallel skiing confidently. You will also hopefully become more confident all over the mountain, tackling some red runs and different terrain/snow conditions.

**Level 5**

*Who:* You can ski on most runs, you are confident on reds and maybe done a few blacks. You now want to explore more aspects of skiing, such as off-piste, carving, skiing variable conditions and maybe even venture into the terrain park.

*What to expect:* At this level we only offer private lessons as they can be better geared to the need of the individual. For this reason you can expect 100% of the instructor’s time dedicated to you and your specific goals.

*Goal:* Whatever you want it to be.