

TASTER LESSON FIRST LESSON

1HR

- INTRODUCTION TO EQUIPMENT
- SAFETY
- BASIC STANCE
- COORDINATION EXERCISES
- BALANCING EXERCISES
- INTRODUCTION TO SNOWPLOUGHS

Signed by Instructor:

Date:

SKI PACK 2 INTRO TO SNOWPLOUGH

2HR

- SNOWPLOUGH GLIDE
- USING SNOWPLOUGH FOR CONTROL
- USE OF LIFT
- INTRODUCTION TO SNOWPLOUGH TURNS
- PRACTISING SKI WAY CODE

Signed by Instructor:

Date:

Instructor comments

SKI PACK 3 SNOWPLOUGH TURNING

2HR

- CONTROLLING SPEED WITH TURNS
- VARYING TURN SHAPES
- EXPLORING THE SLOPE ABOVE LEVEL ONE
- WORKING KNOWLEDGE OF SKI WAY CODE

Signed by Instructor:

Date:

SKI PACK 4 SNOWPLOUGH IMPROVERS

2HR

- VARIED TURNS TO SUIT TERRAIN
- INTRODUCTION TO SKI POLES
- CONTROLLED DESCENT OF REDWELL RUN
- CONTROLLED DESCENT OF ROBINSWOOD RUN
- INTRODUCTION TO FUN PARK

I CAN NOW SKI RECREATIONALLY

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Signed by Instructor:

Date:

Instructor comments