



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

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|-------------------|---|
| 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

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STUDENT NAME: _____

WEIGHT: _____ HEIGHT: _____ SHOE SIZE: _____

ABILITY LEVEL (CHECK ONE OFF)

SKIING: RED GREEN BLUE

OR

SNOWBOARDING: YELLOW ORANGE BLACK