

SKI		MY CURRENT ABILITY	LESSON GOALS	MY TERRAIN
<b>Level 1</b>	Beginner	I would like to start from the beginning. I cannot stop or glide	Confidently stop & make single turns	Flat green terrain, which may be accessed by a moving carpet
<b>Level 2</b>	Learning to Turn	I can confidently stop in a snow plough on flat slopes & can make single turns in a Snowplough	To link my turns together confidently to control speed	I am comfortable on flat green terrain & may venture onto beginner terrain accessed by lifts
<b>Level 3</b>	Linking Turns	I can confidently link turns and control my speed while in a Snowplough	I am learning to match my skis earlier in my turn, and vary my turn size and shape	I am comfortable on green runs accessed by lifts. And would like to explore more similar terrain
<b>Level 4</b>	Refining Turns	I can make parallel turns & a variety of turn sizes	Refine my parallel turns, including learning to pole plant. While exploring more varied terrain & snow conditions	I can ski most blue (red) terrain, however more advanced blue runs are a challenge
<b>Level 5</b>	Intermediate	Strong parallel turns with a pole plant on all blue terrain & some black terrain	Learning how to manage a variety of snow conditions & terrain, including riding powder, short turns, carving, moguls & off piste skiing	Able to ski comfortably on all blues & easy black runs. Learning to manage off piste terrain
<b>Level 6</b>	Advanced	Able to ski in control in a variety of conditions/terrain	Refining my skills on steeps, trees, drops off piste riding & freestyle skills	I can ski in control in expert terrain, both on & off piste in a variety of conditions
<b>Level 7</b>	Expert	I ride in a variety of snow conditions/terrain at speed. I like to challenge myself & am experienced in powder	Expanding my mountain experience to include slack/backcountry riding, tighter trees, drops, freestyle & challenging myself at higher speeds	I can ski aggressively & in control in a variety of off piste conditions & at varying speed

SNOWBOARD		MY CURRENT ABILITY	LESSON GOALS	MY TERRAIN
<b>Level 1</b>	Beginner	I would like to start from the beginning or I need help to stop	Confidently glide control my direction and stop on both edges	Flat green terrain, which may be accessed by a moving carpet
<b>Level 2</b>	Learning to Turn	can confidently glide & change my direction on both edges.	I am learning to make single turns without assistance	I am comfortable on flat green terrain & may venture onto beginner terrain accessed by lifts.
<b>Level 3</b>	Linking Turns	I am learning to link my turns on green terrain	Linking my turns with more confidence & control & progressing to more challenging green terrain	I am using terrain in the beginner area, including moving carpets & chair lifts
<b>Level 4</b>	Refining Turns	I can link turns on all green runs with control & confidence. I can ride all chairlifts	I am learning to make a variety of turn sizes & learning basic freestyle	I can ride all green terrain & am progressing to easy blue
<b>Level 5</b>	Intermediate	I can link turns on all blue runs & learning to ride in a variety of conditions	Learning powder, short turns, off piste & terrain park	All blue terrain, beginner terrain parks & easy black & off-piste
<b>Level 6</b>	Advanced	I can ride in a variety of conditions including black runs & the terrain park	Refining my skills on steeps, trees, drops off piste riding & freestyle skills	I can snowboard in control expert terrain, both on & off piste in a variety of conditions
<b>Level 7</b>	Expert	I ride in a variety of snow conditions/terrain at speed. I like to challenge myself & am experienced in powder	Expanding my mountain experience to include slack/backcountry riding, tighter trees, drops, freestyle & challenging myself at higher speeds	I can snowboard aggressively & in control in a variety of off piste conditions & at varying speed