

Snowboard

LEVEL	ABILITY	LESSON OUTLINE
1	I have never snowboarded before.	In level 1, you will learn how to use your equipment, how to get around on the flat and also how to sidelip and "falling leaf" so that you can start to negotiate GREEN terrain.
2	Able to perform toe-side and heel-side falling leaf.	It's time to turn! In this lesson you will learn the basics of both heel and toe side single turns making it easier to avoid obstacles and ride where you want to ride on GREEN terrain
3	Able to make a basic toe-side and heel-side turn but not yet linking the two.	Level 3 will guide you through linking your single turns so that you can make fluid S turns down GREEN slopes. This allows you to ride faster
4	Able to link toe and heel-side turns down green runs.	In this level you will learn to refine your turns so that you can start to attack steeper GREEN and easy RED runs. You will also start to ride easy terrain "switch" (backwards).
5	Able to ride red runs without too much skidding, starting to ride switch and experimenting in the beginner terrain park	Learn to turn with grip! Level 5 will focus on the skill of "carving" on RED runs and negotiating groomed BLACK slopes. You will also expand your TERRAIN PARK repertoire and start riding switch with confidence!
6	Carving confidently on all red runs. Able to ride black groomed runs. Starting to ride the halfpipe, boxes, off piste, powder and confidently riding switch on greens	Level 6 is all about strengthening your riding to the point of riding all RED and BLACK runs with ease. You will start to learn off piste/powder techniques and be challenged on larger TERRAIN PARK features such as the halfpipe. Your switch riding will also be improved to the point of riding all red runs switch!
7 PRIVATE LESSONS ONLY	Confidently carving all groomed runs. Riding powder, trees and off piste with ease. Able to ride intermediate terrain park and perform grabs and 180 spins on table top jumps. Riding switch on reds.	In level 7, your coach will improve your riding on all BLACK slopes and off piste. You will also learn new spins and grabs in the air and work towards the Advanced TERRAIN PARK .
8 PRIVATE LESSONS ONLY	Rides all terrain confidently both regularly and switch. Able to perform advanced freestyle maneuvers in the advanced terrain park.	This level is all about tweaking your technique in the areas that you want to improve. Whether you want to work on powder, steeps, park, carving, freestyle or you just want to be guided around the mountain, your coach will be there to help!