



## Gore Regional School Program 2021-22

### What level skier or snowboarder are you? --

One of the first questions someone will ask you when taking a lesson is “what level skier or rider are you?” Knowing your ability level will help us to better serve you and put you in the appropriate level class. To help you determine your ability level and get an idea of some of the possible things you’ll work on during your lesson, read below.

## Ski

### First Time

1. Level 1 - Have never skied before. Welcome to skiing! We’re going to help you build a foundation of good balance and begin to slide, glide and turn.

### Novice Zone

Level 2 - Have skied once before and can glide in a wedge. May have some difficulties turning and controlling speed. May or may not have ridden a lift. We’ll help you to turn and control your speed.

Level 3 - Can make wedge turns in both directions. Have ridden a lift. We’ll help you vary your turn shapes and sizes, and explore more beginner terrain and some easy blue terrain.

## Snowboard

### First Time

Level 1 – Have never-ever snowboarded before. Welcome to riding! We’re going to help you build a foundation of good balance and begin to slide, glide and turn.

### Novice Zone

Level 2 - Have ridden once before. You can traverse the slope. You can also skid on toe-side and heel-side, and make J-Turns. May have some difficulties turning and controlling speed. May or may not have ridden a lift. We’ll help you turn and control your speed.

Level 3 – You can link turns, stop on demand, and do ground spins. Have ridden a lift. We’ll help you vary your turn shapes and sizes to conquer Green terrain and explore Blue terrain.