

Bow Valley Kids (ages 5-8)* Ability Levels

Level	Terrain	Skills
1	This is your first time skiing or snowboarding.	<ul style="list-style-type: none"> • Familiarity with the equipment • Mobility/movement with the skis/snowboard attached • Sliding with skis/ snowboard attached while controlling speed • Learn how to stop • Introduction to loading/unloading the magic carpet
2	You've skied/snowboarded a couple of times but only in the beginner area.	<ul style="list-style-type: none"> • Gain more confidence while loading/unloading the magic carpet • Begin to learn how to turn • Speed control through turning • Develop safety awareness
3	You ride the chairlift and ride Green runs comfortably but would like more confidence.	<ul style="list-style-type: none"> • Begin to ski parallel most of the time • Apply previous skills to harder terrain (Green) • Speed control on steeper terrain • Further develop safety awareness
4	You can comfortably link turns on Green runs and want to ride Blue runs. Your skis are mostly parallel/you can stop with control.	<ul style="list-style-type: none"> • Introduction to Blue terrain • Control speed through turning on Blue terrain • Develop existing skills on Blue terrain (parallel) • Develop safety awareness on Blue terrain
5	You ride Blue runs with confidence and want the challenge of Black runs and varied terrain.	<ul style="list-style-type: none"> • Introduction to Black runs • Control speed through turning on Black terrain • Develop existing skills on Black terrain • Develop safety awareness on Black and varied terrain
6	You ride Black runs with confidence and want the challenge of Double Black terrain.	<ul style="list-style-type: none"> • Introduction to Double Black runs • Develop previous skills on Double Black terrain • Develop safety awareness on Double Black and varied terrain
7	You ride the entire mountain with skill and confidence. You want to explore and try new things.	<ul style="list-style-type: none"> • Explore new terrain-trees, bumps, varied terrain, powder • Apply existing skills to new terrain • Safety awareness knowledge

***all children are divided by age and ability level**

**Bow Valley Summit Riders (ages 9-12)* and
Lake Louise Freeriders (ages 13-17)* Ability Levels**

Level	Terrain	Skills
1	This is your first time skiing or snowboarding.	<ul style="list-style-type: none"> • Familiarity with the equipment • Mobility/movement with the skis/snowboard attached • Sliding with skis/ snowboard attached while controlling speed • Learn how to stop • Introduction to loading/unloading the magic carpet
2	You've skied/snowboarded a couple of times but only in the beginner area.	<ul style="list-style-type: none"> • Gain more confidence while loading/unloading the magic carpet • Begin to learn how to turn • Speed control through turning • Develop safety awareness
3	You ride the chairlift and ride Green runs comfortably but would like more confidence.	<ul style="list-style-type: none"> • Begin to ski parallel most of the time • Apply previous skills to harder terrain (Green) • Speed control on steeper terrain • Develop safety further awareness
4	You can comfortably link turns on Green runs and want to ride Blue runs. Your skis are mostly parallel/you can stop with control.	<ul style="list-style-type: none"> • Introduction to Blue terrain • Control speed through turning on blue terrain • Develop existing skills on Blue terrain (parallel) • Introduction to Black terrain • Develop safety awareness on Blue and Black terrain
5	You ride Blue runs with confidence and want the challenge of Black runs and varied terrain. Introduction to the terrain park.	<ul style="list-style-type: none"> • Gain more confidence on Black runs • Control speed through turning on Black terrain • Develop existing skills on Black terrain • Develop safety awareness on Black and varied terrain • Introduction to basic park skills
6	You ride the entire mountain with skill and confidence. You want to explore and try new things. You want to gain more confidence on jumps and rails.	<ul style="list-style-type: none"> • Gain more confidence on Double Black runs • Develop existing skills on Double Black terrain • Improve park skills and park safety
7	You ride the entire mountain with skill and confidence. You want to explore and try new things. You want to gain more confidence on jumps and rails	<ul style="list-style-type: none"> • Explore new terrain-trees, bumps, varied terrain, powder • Apply existing skills to new terrain • Gain confidence in the terrain park-jumps and rails • Have a greater understanding of safety awareness

***all children are divided by age and ability level**

Lake Louise Freeriders Lesson Options

(choose only one focus)

Freestyle Focus (ages 13-17)

Our freestyle program is the next step in Terrain Park riding that will work through the basics of safety and awareness in the park.

- Learn how to approach a feature, to landing a trick you never thought you could land
- Instructors teach terrain park safety and awareness
- Applying freestyle skills outside of the Terrain Park
- Taught by Terrain Park certified instructors

Freeride Focus (ages 13-17)

Our Freeride program is all about Big Mountain riding!

- Learn how to master steep off piste terrain, basic airs, choosing a line, identifying hazards and much more!
- Taught by our senior experienced instructors

Leadership Training (ages 15-17)

For teens who want to see what instructing is all about before attempting the Level 1 Certification Course.

- The goal of this program is to give your kids leadership skills which would be applicable to ski / snowboard professionals through Big Mountain and Terrain Park
- This includes such training as avalanche awareness, mountain safety and basic knowledge of backcountry skills
- Objective based training to improve their own understanding as well as skiing and riding skills
- Improve communication and group management while making smart and safe decisions
- Taught by our CSIA/CASI qualified instructors and evaluators
- CSIA/CASI Certification course not included but recommended once program has finished

****Above options are only available for the 10 week program starting in January****