

Junior Bow Valley Kids Program Ability Levels

Level	Terrain	Skills
1	Beginner/Blue Carpet	<ul style="list-style-type: none"> • Never ever or very little experience on skis • Can stand on skis • Can put on skis assisted
2	Sunny Side Carpets (upper & lower)	<ul style="list-style-type: none"> • Can ride/ski the carpet unassisted • Push both skis into a pizza independently • Turn left/right while holding snowplow • Start to link turns
3	Green Chair Lift Lesson (Pinecone Way or Wiwaxy)	<ul style="list-style-type: none"> • Linking turns confidently from the top of the carpets • Can ride the chair safely • Can link snowplow on green runs • Can change directions quickly • Can get up from a fall by themselves • Can hockey stop
4	Blue Chair Lift Lesson	<ul style="list-style-type: none"> • Can link snowplow turns on green runs comfortably • Control speed on steep terrain • Uses edges consistently • Follow instructor turns • Little hops and small jumps

Please note the instructors will not take your child up the lift until they can stop on their own (unassisted) and when they can show they will listen to instructions