

## 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"> <li>• Familiarity with the equipment</li> <li>• Mobility/movement with the skis/snowboard attached</li> <li>• Sliding with skis/ snowboard attached while controlling speed</li> <li>• Learn how to stop</li> <li>• Introduction to loading/unloading the magic carpet</li> </ul>
2	You've skied/snowboarded a couple of times, but only in the beginner area.	<ul style="list-style-type: none"> <li>• Gain more confidence while loading/unloading the Magic Carpet</li> <li>• Begin to learn how to turn</li> <li>• Speed control through turning</li> <li>• Develop safety awareness</li> </ul>
3	You are comfortable turning on the beginner area and are looking to progress to Green runs.	<ul style="list-style-type: none"> <li>• Begin to ski parallel most of the time</li> <li>• Apply previous skills to harder terrain (Green)</li> <li>• Speed control on steeper terrain</li> <li>• Further develop safety awareness</li> </ul>
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"> <li>• Introduction to Blue terrain</li> <li>• Control speed through turning on Blue terrain</li> <li>• Develop existing skills on Blue terrain (parallel)</li> <li>• Develop safety awareness on Blue terrain</li> </ul>
5	You ride Blue runs with confidence and want the challenge of Black runs and varied terrain. Introduction to freeride and freestyle skills.	<ul style="list-style-type: none"> <li>• Introduction to Black runs</li> <li>• Control speed through turning on Black terrain</li> <li>• Develop existing skills on Black terrain</li> <li>• Develop safety awareness on Black and varied terrain</li> </ul>
6	You ride Black runs with confidence and want the challenge of Double Black terrain. Introduction to the terrain park.	<ul style="list-style-type: none"> <li>• Introduction to Double Black runs</li> <li>• Develop previous skills on Double Black terrain</li> <li>• Develop safety awareness on Double Black and varied terrain</li> <li>• Introduction to basic terrain park skills</li> </ul>
7	You ride the entire mountain with skill and confidence. You want to explore and try new things. Development of terrain park and freeride skills.	<ul style="list-style-type: none"> <li>• Explore new terrain - trees, bumps, varied terrain, powder</li> <li>• Apply existing skills to new terrain</li> <li>• Improve park skills and park safety</li> <li>• Safety awareness knowledge</li> </ul>

**\*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"> <li>• Familiarity with the equipment</li> <li>• Mobility/movement with the skis/snowboard attached</li> <li>• Sliding with skis/ snowboard attached while controlling speed</li> <li>• Learn how to stop</li> <li>• Introduction to loading/unloading the magic carpet</li> </ul>
2	You've skied/snowboarded a couple of times, but only in the beginner area.	<ul style="list-style-type: none"> <li>• Gain more confidence while loading/unloading the magic carpet</li> <li>• Begin to learn how to turn</li> <li>• Speed control through turning</li> <li>• Develop safety awareness</li> </ul>
3	You are comfortable turning on the beginner area and are looking to progress to Green runs.	<ul style="list-style-type: none"> <li>• Begin to ski parallel most of the time</li> <li>• Apply previous skills to harder terrain (Green)</li> <li>• Speed control on steeper terrain</li> <li>• Further develop safety awareness</li> </ul>
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"> <li>• Control speed through turning on Blue terrain</li> <li>• Develop existing skills on Blue terrain (parallel)</li> <li>• Introduction to varied terrain</li> <li>• Develop safety awareness on Blue and Black terrain</li> </ul>
5	You ride Blue runs with confidence and want the challenge of Black runs and varied terrain. Introduction to freeride and freestyle skills.	<ul style="list-style-type: none"> <li>• Gain more confidence in moguls and trees (varied terrain)</li> <li>• Control speed through turning on Black terrain</li> <li>• Develop existing skills on Black terrain</li> <li>• Develop safety awareness on Black and varied terrain</li> <li>• Introduction to basic terrain park skills</li> </ul>
6	You ride Black runs with skill and confidence. You want to explore Double Black runs and varied/freeride terrain. Development of terrain park and freeride skills.	<ul style="list-style-type: none"> <li>• Gain more confidence on Double Black runs</li> <li>• Develop existing skills on Double Black terrain</li> <li>• Improve park skills and park safety</li> </ul>
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"> <li>• Explore new terrain - trees, bumps, varied terrain, powder</li> <li>• Apply existing skills to new terrain</li> <li>• Gain confidence in the terrain park - jumps and rails</li> <li>• Have a greater understanding of safety awareness</li> </ul>

**\*All children are divided by age and ability level**

## **Lake Louise Freeriders Lesson Options**

(choose one focus)

### **Freestyle/Freeride Focus (ages 13-17)**

Our freestyle/freeride program offers a wonderful combination of Terrain Park riding that will work through the basics of safety and awareness in the park, as well as Big Mountain riding!

- Learn proper feature approach and technique, progressing toward landing new tricks with confidence
- Instructors teach terrain park safety and awareness
- Applying freestyle skills outside of the Terrain Park
- 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)**

Leadership training focus will include freestyle/freeride components and additionally provide teens who want to see what instructing is all about with some guidance before attempting the Level 1 Certification Course.

- The goal of this program is to give your kids leadership skills that would apply 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 the program has finished

**\*\*The above options are only available for the 10-week program starting in January\*\***