



Registration for our 2022 ski & snowboard club is now open!

This is a wonderful opportunity for students ages 6 and up to experience New Hampshire's state sport first hand! Students can participate in hour-long lessons with Pats Peak ski instructors and enjoy time with friends and families. I am looking forward to a great season at Pats!

Sincerely,

Christine Kingsley

4th grade teacher Hills Garrison/Ski Club Coordinator

WHEN: Friday nights 2/18, 2/25, 3/11, 3/18, 3/25

(There will not be ski club during February vacation)

LESSON TIME: 5:30 – 6:30 pm

***** There will NOT be transportation this year.***

Please make sure that your child has a ride to and from Pats Peak before signing them up. You may want to consider carpooling to reduce the number of cars in the lot.

HOW TO SIGN UP:

<https://www.patspeak.com/Lessons-Rentals/Learn-to-Ski-Ride-Program.aspx>

From their home page, choose "Lessons and Rentals" then "Learn to Ski and Ride Program. Register using access code: **hillsgarrison2022**

**** Registrations need to be completed by December 15th.**

Contact ski club coordinator Christine Kingsley at ckingsley@sau81.org with any additional questions!

Please see the additional information BELOW and in the attached flyer.

PROGRAM PRICES FOR STUDENTS

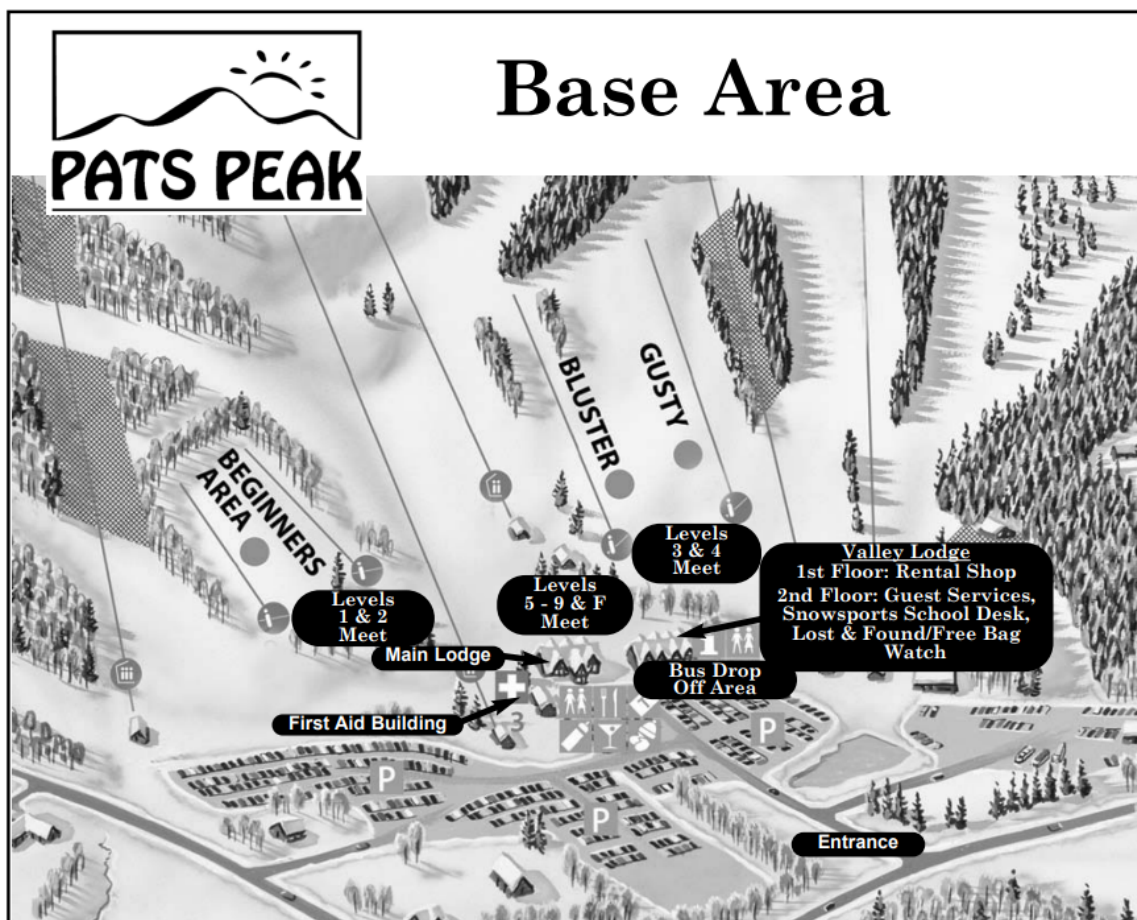
- Lift & Lesson \$275
- Lift, Lesson & Rental \$350
- Lift ONLY - Level 5+ \$175
- Lift Only & RENTAL - Level 5+ \$250
- Season Pass Holder Lesson \$175
- Practice Makes Perfect Season Pass/Lesson \$484.00

RENTAL ITEMS

- Helmet Rental - \$30
- ⊕ ***Helmetts are required for all students***
- Seasonal*** Equipment Rental- \$229
(includes \$50 deposit)

PEAK PERKS

- Parent Frequent User Card* good for 5 Adult/All Mtn, 8-hr weekday tickets \$165.00
- Parent Ticket available day of program \$35.00
- Café Card (valued at \$40.00) \$33.00
- Smith Helmet Purchase (black only) \$55.00
- Scott Goggle Purchase \$25.00
- Mittens Purchase (black only) \$20.00



SKIERS SKILL LEVELS

White – (Previously Level 1) Has never skied before! This level will acquaint you with equipment, snow terrain and basic balance drills on snow with and without skis on. Introduce a straight glide in a balanced stance while sliding down a soft terrain incline. Introduce muscle movements that will assist with slowing down and stopping with two skis on. (The Wedge position)

White “Plus” LEVEL – (Previously Level 2) Has been on snow skiing but wants a refresher and a simple “start over” introduction. Practice basic wedge turning. Wedge turns at varying shapes. Progress to Valley Slope. Learn to ride surface lift.

Green Level – (Previously Level 3 and level 4) Learn to ride the chair. Practice with wedge on steeper green circle or easy blue square trails. Begin matching skis at bottom of turn (short and long radius turn shape). Introduced skating on flats. Work on skills that will assist with matching skis earlier in the turn.

Yellow – (Previously Level 5) Work toward matching skis above the fall line on easy and advanced blue square terrain. Poles are introduced and begin to assist with the rhythm and flow of turns. Develop more flexing and extending to enhance bending the ski. Introduce upper and lower body separation.

Blue – (Previously Level 6 and Level 7) Can match skis above the fall line. More body movements “down the hill” are practiced which will encourage early edge management / engagement. Learn to initiate turns with a correctly timed pole swing/touch on the snow. Develop a separation of upper and lower body. Learn speed control with a round skidded arc. Can perform hockey stops and side slipping skills.

Black – (Previously Level 8 and Level 9) Carving on most black trails. Work on turning the legs under the upper body. Short, Medium and long radius turn shape. Practice skill blends on all terrain and variable conditions. (Bumps, powder and crud snow.)

Orange - Freestyle (Meet in Front of Bears Den), Whisper and Turbulence Park Skier must be at or above a “BLUE +” level skier. Free ski the entire mountain in a safe manner. Controlling speed! Go over safety protocol in the park. Learn basic maneuvers on Whisper Park and graduate to Turbulence Park. Switch, 180 rotations, slight air off small to medium jumps. Mogul and glade skiing.

SNOWBOARDER SKILL LEVELS

Snowboarders White (Previously Level 1) Has never snowboarded before! This level will acquaint you with equipment, snow terrain and basic balance drills on snow with your board. Introduce sliding and walking up the hill with board. Introduce muscle movements that will assist with slowing down and stopping.

White "Plus" LEVEL - (Previously Level 2) Has been on snowboarding but wants a refresher and a simple "start over" introduction. Side slip on toe or heel side. Introduce turns. Learn to ride surface lift.

Green Level - (Previously Level 3 and 4) progress to turns on both toe and heel side. Introduce link turns. Work on skills that will assist with these maneuvers.

Yellow - (Previously Level 5) Practice turns with minimal traverse on both green trails. Introduce riding a chair. Actively practice rhythm and flow on green circle trails.

Blue - (Previously Level 6 and 7) Introduce linked turns on blue terrain. Essential lower and upper body movements to introduce carving.

Black - (Previously Level 8 and 9) Carving on most blue and easy black terrain trails. Short, Medium and long radius turn shape. Practice skill blends on all terrain and variable conditions. (Bumps, powder and crud snow.)

Orange - Freestyle (Meet in Front of Bears Den), Whisper and Turbulence Park Rider must be at or above a "BLUE +" level snowboarder. Free ride the entire mountain in a safe manner. Controlling speed! Go over safety protocol in the park. Learn basic maneuvers on Whisper Park and graduate to Turbulence Park. Switch, 180 rotations, slight air off small to medium jumps. Mogul and glade riding.