



2020—2021 Learn to Ski or Ride Program



- ◇ Kids Park Learn to Ski or Ride is a program designed for children 3-11 years of age.
- ◇ The program allows students to progress through a series of lessons, learn to be responsible and have fun on the slopes.
- ◇ Lessons are typically small in size, allowing students to spend quality time with their instructor.
- ◇ Whether your child wants to be a skier or boarder, the Learn to Ski or Ride program can give them the skills they need to have fun on the slopes all winter long.
- ◇ Please complete the attached registration form and include full payment to Sundown's Group Office in the Mountain Center Lodge, at least **ONE WEEK prior to the start of the session.** **Class sizes are limited.** **On the nights of your lessons, please pick up the necessary forms in the Group Office.**
- ◇ Your instructor will meet you in the Mountain Center on week nights and in Kids Park for the Sunday sessions.
- ◇ Make sure to accommodate enough time to size their boots and equipment and ready to hit the slopes at 5:30pm on weeknights and 4:00pm on Sundays.



16991 Asbury Road Dubuque, IA

If you have any questions about the Learn to Ski or Ride programs, please call Sundown Mountain Group Office at

(563) 556-6676 ext. 143.

For further information, please visit our website:

<http://www.sundownmtn.com>. (Over)

Skiing Ability

Never	On the first lesson: Student has never tried skiing prior to first lesson.
Beginner	On the first lesson: Student has skied previously. May not quite remember how to stop or turn and need a refresher. This level will start with reviewing how to stop on a gradual slope and riding the lift responsibly.
Intermediate	On the first lesson: Student understands how to control their speed using a wedge or turning. Students are comfortable on the beginner hill and ready to learn how to navigate the longer slopes (ex. Sunbowl).
Advanced	On the first lesson: Students are comfortable on the green slopes and most blue slopes. Students can control their speed by turning. Students will work on more advanced techniques like parallel skiing, hockey stops, using poles and navigating the mountain responsibly.

Snowboarding Ability

Never	On the first lesson: Student has never tried snowboarding prior to first lesson.
Beginner	On the first lesson: Student has snowboarded previously. May not quite remember how to stop or turn and need a refresher. This level will start with reviewing how to stop on your heel edge on a gradual slope and riding the lift responsibly.
Intermediate	On the first lesson: Student understands how to control their speed using their heel edge and working on toe edge stops & turns to control their speed. Students are comfortable on the beginner hill and ready to learn how to navigate the longer slopes (ex. Sunbowl).
Advanced	On the first lesson: Students are comfortable on the green slopes and most blue slopes. Students can control their speed by linking heel and toe edge turns. Students will work on more advanced techniques like linking turns, riding fakie and introducing the terrain park responsibly.