

## 2019 Group Lesson Descriptions

### Playski (Age 3)

Our Playski groups introduce the sport of skiing to 3 year olds. The goal is to introduce and increase skills of young skiers taught by our professional instructors. The focus of this group is getting the feeling of skiing and FUN/PLAY.

- 6 week program starts the week of Jan 7<sup>th</sup>, 2019  
(classes will not be held on Jan 21<sup>st</sup>, Feb 18<sup>th</sup>)
- Sessions are 1 hour in duration.
- Schedule: Mondays 10:15am-11:15am, Tuesdays 2:45pm-3:45pm, Wednesdays 1-2 pm.
- Lift access is included for each participant in the program.
- Equipment is available to rent but is NOT included in the program cost.
- The rental fee for the 6 week program is \$60 in our rental shop.
- Parents must remain on site during the program.
- Some weeks the program may remain indoors. (boot work, exercises.)
- Registration is limited.

### Kinder Program (Ages 4-6)

Young Skiers discover the joys of snowsports during an uncrowded time on the slopes. The goal is to introduce and increase skills of young skiers in small groups taught by our professional instructors.

- 8 week program starts the week of January 1<sup>st</sup>, 2019. EXCEPT MONDAY CLASS which starts week of Jan. 7 (classes will not be held on Jan 21, Feb. 18,20,21,22)
- Sessions are 1 ½ hours.
- Schedule: Monday 1pm – 2:30pm, Wednesday or Friday mornings 10:15am – 11:45am,
- Lift access is included for each participant in the program.
- Equipment is available to rent but is NOT included in the program cost.
- The rental fee for the 8 week program is \$80 in our rental shop.
- Registration is limited.

### **Gateway Program (Ages 5-12)**

This program offers skiers the opportunity to discover the excitement of downhill skiing in a fun and safe environment. The program is recreational in nature, with a focus on improvement through increased skiing time and includes introduction to gates, brushes, and moguls along with other terrain features to build and reinforce skills. The program is designed to develop competent, safe, and happy lifelong skiers. Skiers are grouped by age and ability. **The student is required to have skied from the top of the Winslow quad chair unassisted the previous season.**

- This 8 week program begins on January 5<sup>th</sup> or 6<sup>th</sup> 2019 and continues through March 2<sup>nd</sup> or 3<sup>rd</sup>. There will be no classes held on Presidents weekend Feb 16/17
- Sessions are 2 ½ hours in duration.
- Schedule: Saturday 9-11:30 or 1-3:30, Sunday 9-11:30 or 1-3:30.
- Program cost does **NOT INCLUDE LIFT ACCESS OR LUNCH.**
- Registration is limited.

### **All Terrain Teen Adventure (Ages 13+)**

The program offers teen skiers the opportunity to continue their learning of skiing to the next level. The program has a focus on improvement through increased skiing time on all terrain which includes an introduction to woods, moguls, and steeps along with terrain features to build and reinforce skills. The program is designed to continue development into the student's teens in a fun and safe learning environment. Skiers are grouped by age and ability.

**The teen is required to be able to ski any trail at the Skiway.**

- This 8 week program begins on January 5<sup>th</sup> 2019 and continues through March 2<sup>nd</sup>. There will be no classes held on Presidents weekend Feb 16.
- Sessions are 2 ½ hours in duration.
- Schedule: Saturdays 9am – 11:30am.
- **Participants must be able to ski any trail at the Skiway.**
- Program cost does **NOT INCLUDE LIFT ACCESS OR LUNCH.**
- Minimum number of registrants is required.

### **Adult Midweek Group (Ages 18 +)**

This program offers adults the opportunity to discover the joys of snowsports during an uncrowded time on the slopes. The goal is to introduce and increase skills. Skiers are grouped by ability.

- 8 week program begins the week of January 1<sup>st</sup>, 2019. Tuesday class will start the week of Jan 7. (Classes will not be held on February 19<sup>th</sup> and 22<sup>nd</sup>.)
- Sessions are 90 minutes in duration.
- Schedule: Tuesday or Fridays 10:15am-11:45am.
- Equipment is available to rent but is **NOT** included in the program cost.
- Program rentals are available for \$120 for the 8 week program.
- Lift access for the program is available for an additional \$75.

### **Women's Ski Wednesdays Group (Ages 18 and over)**

This program gives women the opportunity to discover the joys of skiing during an uncrowded time on the slopes with other women. The goal of this program is to introduce and increase skills while having fun. This class is taught by some of our female instructors.

- 8 week program begins January 2nd, 2019. (Classes will not be held on February 20th)
- Sessions are 90 minutes in duration.
- Schedule: Wednesday 10:15 – 11:45.
- Equipment is available to rent but is **NOT** included in the program cost.
- Program rentals are available for \$120 for the 8 week program.
- Lift access for the program is available for an additional \$75.

### **Dartmouth Graduate Students & Spouse Midweek group**

This program is for Dartmouth graduate students and their spouses and provides the opportunity to discover the joys of snowsports during an uncrowded time on the slopes. The goal is to introduce and increase skills. This program is open to both skier and snowboarders and are grouped by ability.

- 8 week program begins January 4th, 2019. Tuesday Class starts week of Jan 7th (Classes will not be held on February 19, 22rd)
- Sessions are 90 minutes in duration.
- Schedule: Tuesdays 1pm-2:30pm or Fridays 1:45pm – 3:15pm
- Equipment is available to rent but is **NOT** included in the program cost.
- Program rentals are available for \$120 for the 8 week program.
- Lift access for the program is **NOT** included.