

Snowboard

Orange Flag (pre-chair)

Terrain: Beginner, Flats, Carpet

- Intro/orientation to equipment
- Skating
- Straight gliding (one-footed)
- J-turns (one-footed)
- Able to get on and off the magic carpet
- Side-slip on toe/heel edge
- I learned the name of some cool grabs

Red Flag (pre-chair)

- Falling leaf on toe/heel edge
- Garlands on toe/heel edge
- Intro to C-Turns
- I can balance on the tail/nose

Green Flag

Terrain: Gentle Green Slopes

- C-turns connected with a traverse
- Managing the flats
- Intro to getting on/off chairlift
- Linking C-turns to S-turns
- Intro to speed control through turn-shape
- Mountain and chairlift orientation/safety
- I can do a manual
- I can do hops/ollies

Green/Blue Flag

Terrain: Green and easy Blue slopes

- Developing turn size, and shape for rhythm
- Intro to basic carving movements
- Intro to switch
- Flat spin 360's front/backside
- Nose/Tail rolls

Blue Flag

Terrain: Blue Slopes

- Changing turn size, and shape for rhythm
- Intro to bumps
- Intro to trees
- Tactics for ice/slush
- Air 180's front/backside
- Understanding of Smart Style
- Intro to mini beginner park

Blue/Black Flag

Terrain: Blue and easy Black slopes

- Intro to steeps
- Comfortably ride switch on green/blue slopes
- Comfortably carve on green/blue slopes
- Line tactics in the bumps
- Intro to the half-pipe
- Comfort in the mini beginner park
 - Jibs
 - Jumps

Black

Terrain: All Black Slopes

- Mastered riding steeps
- Mastered riding switch on black slopes
- Mastered carving on black slopes
- Comfort in the half-pipe
 - Grabs
 - Spins
- Comfort in the intermediate park Jibs & Jumps

Ski

Orange Flag (pre-chair)

Terrain: Beginner, Flats, Carpet

- Intro/orientation to equipment
- Boot work
- Can put on/take skis off
- 1 & 2 ski mobility games
- Stand, glide and climb on skis
- Straight gliding
- I learned the names of some cool grabs
- I can do hops

Red Flag (pre-chair)

- Do a gliding wedge
- Stopping in a wedge
- Varying wedge size
- linked direction changes
- I can turn to a stop in both directions
- I can balance on the tips/tails

Green Flag

Terrain: Gentle Green Slopes

- Intro to up and down movements
- Intro to getting on/off chairlift
- Linking wedge turns
- Intro to matching skis at the end of the turn
- Intro to speed control through turn-shape
- Mountain and chairlift orientation/safety
- I can do a manual
- I can hit small natural jumps

Green/Blue Flag

Terrain: Green and easy Blue slopes

- Developing turn size, and shape for rhythm and speed control
- Intro to matching earlier in the turn
- Intro to terrain selection & tactics
- Review up and down movements
- I have confidence with speed
- Flat spin 360's
- I can ski switch

Blue Flag

Terrain: Blue Slopes

- Review matching and develop parallel stance
- Intro to poles
- Skid less / carve more
- I can make quick hockey stops
- Intro to easy bumps
- Tactics for ice/slush
- Intro to the race course
- Air 180's
- Understanding of Smart Style
- Intro to mini beginner park

Blue/Black Flag

Terrain: Blue and easy Black slopes

- Explore stance width
- Incorporate pole touch with rhythm and flow
- Comfortably carve on green/blue slopes
- Line tactics in the bumps
- Intro to steeps
- Racing lines & tactics
- Intro to the half-pipe
- Comfort in the mini beginner park
 - Jibs
 - Jumps

Black

Terrain: All Black Slopes

- Introduce dynamic skiing
- Precision turning in the bumps
- Crud / Powder / Steeps
- Race training: Tactics, Psychology, and Conditioning
- Comfort in the half-pipe
 - Grabs
 - Spins
- Comfort in the intermediate park Jibs & jumps