

Copper Ski & Ride School Lesson Levels	
ORANGE (LEVEL 1)	
<u>Ski</u> 1st experience Intro to equipment Basic balance & stance Learning to turn & stop	<u>Snowboard</u> 1st experience Intro to equipment Basic balance & stance Learning to turn & stop
RED (LEVEL 2)	
<u>Ski</u> Had lesson, hasn't been on chairlift Working on turns Working on stopping	<u>Snowboard</u> Had lesson, hasn't been on chairlift Working on turns Working on stopping
GREEN (LEVEL 3)	
<u>Ski</u> Can stop Can make wedge turns & stops Has been on chairlift Skis without assistance Developing turn shape	<u>Snowboard</u> Can stop Can make turns Working on linking turns Can link turns Developing turn shape
GREEN/BLUE (LEVEL 4)	
<u>Ski</u> Controls speed through turns Round shape to turns Matching skis on easier greens Intro to poles Intro to trees, terrain park, off-piste conditions	<u>Snowboard</u> Controls speed through turns Beginning to balance on edge Gaining comfort on steeper greens Intro to trees, terrain park, off-piste Intro to switch
BLUE (LEVEL 5)	
<u>Ski</u> Matching skis on easier blue terrain Beginning to Carve skis Working on hockey stops Poles used to complement start of turn Exploring bumps, trees, terrain park, off-piste Switch Skiing	<u>Snowboard</u> Links short & long turns uses feet & legs to steer, upper body calm Carved turns Exploring bumps, trees, terrain park, off-piste Links switch turns on greens Intro to halfpipe
BLUE/BLACK (LEVEL 6)	
<u>Ski</u> Matches skis on all blue terrain Hockey stops in both directions Further development in bumps, trees, terrain park, off-piste Consistent complementary pole plant Aggressive, in control skiing	<u>Snowboard</u> Rides switch on Blue terrain Comort linking turns on black groomers Further development in bumps, trees, terrain park, off-piste Short carved turns Knees flex & extend through turns Aggressive, in control snowboarding
BLACK (LEVEL 7)	
<u>Ski</u> Matches skis on black groomers Skis all conditions, on or off piste Turning legs consistently under separate upper body	<u>Snowboard</u> Rides all conditions, on or off piste Aggressive in bumps, trees, Spinning off of jumps in park