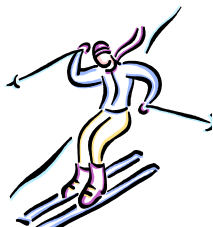


LEARN TO SKI & SNOWBOARD

at

Lost Valley
AUBURN, MAINE



Youth Ages 7 through Age 16*

* Age as of December 1st, 2021

Brunswick Residents Only

Six Week Lesson Program

From January 5th-February 9th

Transportation not provided

The Brunswick Parks and Recreation Department, in conjunction with Lost Valley, is offering Ski and Snowboard Lessons, rentals and lift tickets at our group rate for the 2021 program season. Lessons are for youth ages 7 through age 16 (as of December 1st).

Please read the info below thoroughly before registering. Registration will open on 11/7/2021 and close on 12/15/2021. Be prepared to register early as space is limited this year and we expect that slots will fill quickly. You will register directly with Lost Valley. The link for registration is listed at the bottom of this page.

DATES & TIMES: Wednesday nights; January 5, 12, 19, 26, February 2, 9. Lessons are held 5:45pm—7:00pm. Lift tickets are valid from 3:00—8:00 pm so participants can ski before or after lessons as well.

RENTAL EQUIPMENT: Please be prepared to provide the height, weight, shoe size and level of skier/rider upon registration. There will be no in person fittings this year. There will be a chance to change out equipment on the first night if size adjustments are needed. All participants can visit Lost Valley before Lessons begin to be fitted in person if they desire.

ADDITIONAL INFORMATION: Detailed program information will be sent to registered participants as we get closer to the start date.

FEE: Package rates are as follows:

Lesson, Lift Ticket & Rental: \$249

Lesson & Lift Ticket: \$154

REGISTRATION: Registration will be processed by Lost Valley. Click the link below for online sign-up:

lostvalleyski.com/brunswick-recreation

Register early as there are a limited number of available spaces dedicated for Brunswick youth!

Registration closes on December 15th

There have been some additional changes to this program due to COVID-19 guidelines and restrictions. Please read the information on the next pages or follow the links on the next pages to find answers to any questions you have. Call us at 725-6656 if you have unanswered questions.

SEE NEXT PAGE FOR INFORMATION ON SKI AND SNOWBOARD LEVELS

SKI AND SNOWBOARD LEVEL DESCRIPTIONS

Before Registering please [click here](#) or scroll down to carefully review the [Ski and Snowboard Levels of Ability](#) to ensure placement in the appropriate lesson group.

- The Level of ability that you select will determine which group the student will be placed in.
- It is important that this be as accurate as possible.

<u>SKI LEVELS:</u>	<u>SNOWBOARD LEVELS:</u>
<p><u>LEVEL 1:</u> (Gliding Wedge) I have never skied before. I can stand, walk, climb, and glide. I can do a gliding wedge, slow down and stop. I can do slight turns. I am familiar with the chair lift.</p>	<p><u>LEVEL 1:</u> Never been on snowboard before Can stand, skate, glide, and climb Can sidestep toeside and heelside Can traverse to a stop</p>
<p><u>LEVEL 2:</u> (Wedge Turns) You have skied before and can stop in a wedge. I can make control linked wedge turns to the bottom. I can control linked wedge turns and make spontaneous wide and narrow turns. I can make spontaneous turns and come to a complete stop by turning in either direction.</p>	<p><u>LEVEL 2:</u> Can ride the chairlift Can read the fall line Can do garland turns Can vary my garland turn shape</p>
<p><u>LEVEL 3:</u> (Wedge Christie) I have begun working on reducing the size of my wedge turns. I can start all my turns in a wedge and bring my skis to a match at the end of each turn.</p>	<p><u>LEVEL 3:</u> Can link skidded toeside to heelside turns Can control my speed with turn shape Can absorb uneven terrain. Can make turns on Green terrain</p>
<p><u>LEVEL 4:</u> (Adv. Wedge Christie) I have begun working on adv. wedge christie (bringing my skis together early in the turn.) I can wedge my skis slightly at the beginning of each turn but bring them together very early in my turn. I can ski moderately and I am beginning to use my inside pole as a timing steady devise.</p>	<p><u>LEVEL 4:</u> Can link skidded turns in varied terrain Can comfortably ride all Green runs and easy Blue runs</p>
<p><u>LEVEL 5:</u> (Open Parallel) I have begun to work on keeping my skis parallel without a wedge. I can change the edges of my skis at the same time without a wedge. I can use a pole touch to time and steady my turns.</p>	<p><u>LEVEL 5:</u> Can use turn shape for speed control, reduction, maintenance, and generation Can ride switch on Green trails Can ride comfortably on all Blue runs in varied conditions Comfortable on most Black terrain</p>
<p><u>LEVEL 6:</u> (Dynamic Parallel) I can use my whole body towards the new turn to change directions. I can Swing and touch my pole to the snow to start each turn. I am linking parallel turns continuously.</p>	<p><u>LEVEL 6:</u> Able to handle anything the mountain can throw at them</p>

SEE NEXT PAGE FOR INFORMATION ON COVID-19 MITIGATION AND FREQUENTLY ASKED QUESTIONS

COVID-19 Precautions

Ski Well Be Well COVID-19 Ski School Precautions:

The following precautions have been put in place to help us reduce contact, and safely distance inside the lodge and outdoors while in lessons

- If a student or any member of a student's household has had a fever, experienced any of the signs of COVID-19 infection or has been in contact with anyone who has tested positive for COVID-19 please stay home for 14 days or until receiving a negative test result.
- All lessons must be pre-registered online in advance. No walk-ins.
- Please allow least 30 minutes before scheduled lesson time to allow time for check in and rental pickup
- All lessons start at their scheduled time. Late arrivals may miss their lesson and not be able to join in if the group has headed up the lift.
- Limited number of guests in the ski school room allowed
- Rental sizing information will be taken with online registration to help us reduce contact and increase efficiency.
- Equipment will be set up in advance for guests to pick up. See rental procedures*
- Lessons will meet outdoors. Staff will be on hand to help guests find their groups and instructors.
- See complete guidelines for [Lost Valley Lodge Covid-19 Policies](#)
- Please visit the National Ski Areas Association's [Ski Well Be Well Page](#)

Frequently Asked Questions

How early should I arrive?

- Allow ample time to get dressed and with all equipment and ready for lesson at its scheduled time
- If renting equipment we recommend arriving 30 minutes before scheduled lesson time.
- Lessons start promptly at scheduled lesson time. If you arrive after scheduled lesson time and your group has headed on to the hill it may be difficult to catch up to them and you will run the risk of missing your lesson.

What level is my skier & snowboarder?

->[Check out our skier & snowboarder ability sheet to determine your level of ability <-](#)

Where do the classes meet?

- Classes meet in our Ski and Snowboard School Learning Area.
- Snowboard classes meet at Orange Cones with numbers that correspond to their assigned group number.
- Group numbers are based on the ability level that each group is being taught to.
- Ski classes meet at Yellow Cones with numbers that correspond to their assigned group number.
- Group numbers are based on the ability level that each group is being taught to

What kind of clothing should I wear?

- Layers of appropriate winter outerwear, waterproof gloves, no loose articles of clothing, and goggles are recommended.

Should my child ski or snowboard?

- This depends on your child's interest. It doesn't matter which sport your child learns first.
- If you child expresses an interest in one over the other, go with that.

Can I switch to skiing from snowboarding and vice versa?

Please be sure that you are selecting the correct lesson type and ability level as it will maximize the learning opportunity.

Frequently Asked Questions (Continued)

How are children placed in classes?

- We ask that you review the [Skiing and Snowboarding Ability Level Descriptions](#) register your child accordingly.

Where do I meet my child at the end of class?

- Students are released at the bottom of the trail that class ended on. Please arrange a meeting place with your child before the lesson begins. Lessons may begin and end on different slopes. Stress to your children where you will be when their lesson is completed.

Can I watch the lesson?

- Yes, but you must stand at the bottom of hill and out of the way of skiers / snowboarders on the hill.

When should I have my rental equipment fitted?

- Rental sizing information will be taken with online registration to increase efficiency and reduce contact.
- Equipment will be set up in advance for guests to pick up. See rental procedures
- All participants can visit Lost Valley before Lessons begin to be fitted in person if they desire.
- ***Please note that all rentals are for day of visit only and must be returned after each session. Rentals may not be taken home.***

Do I need to wear a helmet?

- This decision is at the parents' discretion. Lost Valley does not require that a helmet is worn; however helmets are available with your rental package.

Will classes be held in the snow, rain, or cold weather?

- Lessons are often held in inclement weather conditions.
- ****IN THE EVENT OF A CANCELLATION, PARTICIPANTS WILL NOT BE CALLED INDIVIDUALLY.**
- If the weather is questionable, please check lostvalleyski.com/cancellations to check the status of your lesson.

What if a class is postponed by Lost Valley?

- Classes, if postponed by Lost Valley, will be made up at the end of the program.
- If you or your group elects not to come on a day when Lost Valley is open and lessons are running, there will be no make-up day.

What if my child is sick and can't attend class?

- Classes cannot be made up due to illness or schedule conflicts.

What if my child gets hurt or doesn't want to attend class anymore? Can I get a refund?

- We will issue refunds in the case of an injury or illness with a doctor's note only. If your child does not want to attend classes, we may offer partial credit for the unattended portion of the lesson program. This credit may be used for any other purchases at Lost Valley

What is your policy if CDC COVID guidelines call for cancelling or postponing the program?

- If CDC guidelines require cancelling a program the plan is to extend the program into a potential reopen if possible this season, or extend credit of unused portion towards use next season.