

Adult Progression Programs

Program Timing Duration	6 Week Saturdays and Sundays : January 13/14 – February 17/18
Daily Training Schedule	Morning Training: 9:45 – 11:15 1 hour and a half Saturday or Sunday morning
Meeting Area	Program Flags at base of the hill between the quad loads
Equipment Requirements	Snowboard or Skis, boots, poles and helmet that fit, outdoor clothing (see parent guide)
Equipment Options	
LTAD Stage	Learn to Train – Click Here
Prerequisites	Keen to slide & be social with a crew of adults.
Objective	Mobility & athletic stance are the focus for moving on the snow with ease & rhythm for beginner to advance (ski or snowboard) participants. Working on confidence, better grip on the snow & sharing laughs with your friends will accelerate your learning and make Your season memorable. Training time will be spent on varied terrain, features & exposure to gates.
Competitions	
Next Steps	
Feedback Expectations	Participants will receive individual feedback throughout the season. Weekly updates on all Recreational programs will be sent Thursdays
Price	\$160 includes 1 ½ hours of coaching for 6 weeks (Sat AM OR Sun AM)