

## Grandparent Programs

<b>Program Timing Duration</b>	4 Fridays : January 12, 19, and Feb 9, 16
<b>Daily Training Schedule</b>	Morning Training: 10 – 12 2 hours  Friday morning only
<b>Meeting Area</b>	Program Flags at base of the hill between the quad loads
<b>Equipment Requirements</b>	Snowboard or Skis, boots, poles and helmet that fit, outdoor clothing (see parent guide)
<b>Equipment Options</b>	
<b>LTAD Stage</b>	Learn to Train – <a href="#">Click Here</a>
<b>Prerequisites</b>	Keen to slide & be social with a crew of adults.
<b>Objective</b>	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.
<b>Competitions</b>	
<b>Next Steps</b>	
<b>Feedback Expectations</b>	Participants will receive individual feedback throughout the season. Weekly updates on all Recreational programs will be sent Thursdays
<b>Price</b>	\$95 includes 2 hours of coaching for 4 weeks