

Must-haves and Expectations for Your Kid's Lesson

The Easy Way to Go:

- ❖ Make a reservation for your lesson: 1-888-ARAPAHOE
- ❖ Arrive early to get rentals and tickets – by 9am for AM lessons
- ❖ Make sure your children get something to eat and use the restrooms before lessons start
- ❖ Check-in with the Snowsports greeter at the outside meeting area at 9:45am

You should come prepared with:

1. Sunscreen! We ski at 10,500+ feet. The sun is particularly strong here!
2. Dress in layers – waterproof layers are a must to staying dry.
3. Warm hat or helmet – you lose most of your heat through your head.
4. Warm Socks- avoid cotton, try wool or synthetic
5. Waterproof mittens or gloves – hand warmers also help on cold days.
6. Neck Gator.
7. Sunglasses or Goggles – eye protection is a must at our elevation.
8. Extra clothes for after the lesson

These essentials will ensure your child is ready for a great day of learning

What to Expect:

Meeting Your Class: You will be greeted by an instructor. Please express any concerns or questions you might have at this time. Classes will leave at 10am promptly.

What Your Child Will Learn: *Children's lessons start with the basics:*

- ❖ Introductions and building relationships/addressing concerns, where we will be skiing/riding
- ❖ Uphill, downhill, across the hill, walking in ski boots, adjusting buckles, carrying your skis or snowboard
- ❖ What the snow feels like and how your body and feet move, learning how your equipment slides on snow – on one ski, two skis, walking with skis, slight direction changes and introducing the wedge to stop.

How Your Child Will Learn: *The day is focused on skills, drills, safety, fun and learning:*

- ❖ Learning starts on our beginner terrain, walking on carpets, mastering fundamental skills such as stopping and direction changes.
- ❖ Developing basic, essential skills is crucial for future success.
- ❖ As some children progress, they move to our Molly Hogan Area to use the surface conveyor lift, and eventually the Molly Hogan Lift. Not all children progress at the same rate so ski and ride terrain will be chosen that best suited for their ability.
- ❖ We make sure the child stays in their comfort zone until they have mastered the task at hand.

Breaks and Picking-up Your Child:

- ❖ Breaks are taken as needed, usually in the KidZone (located behind the ticket office), for restrooms, warm-ups, and snacks
- ❖ A.M. lessons will meet back at the Snowsports Meeting Area at 12:30 p.m.; Full-day and P.M. lessons are done at 3:30 p.m.
- ❖ Instructors will be available to discuss your child's day and give you information for your next visit.