



YOUTH SKI LESSON/PASS PROGRAM GUNSTOCK MOUNTAIN RESORT



PROGRAM: EPRD's Youth Ski Program at Gunstock Mountain Resort (Gilford, NH) offers discounted season passes available to students age six (6) through nineteen (19). Students are not required to attend lessons, however it is recommended. Gunstock's "Outreach Program" offers students two options for season passes (Mid-week and Prime) depending on your schedule. Included in your season pass: four (4) 50 minute lessons, ski/snowboard rentals, eVouchers to purchase up to 2 discounted (\$29) Flex Passes (flex passes get you half off any day lift tickets, rentals, & lessons) admission to Gunstocks cross-country/snow-shoe area, and discounts on food/retail! We need 20 registered students to offer scholarships to those who qualify (scholarships are through Gunstock).

This program will be dependent on chaperones! Free lift tickets available for chaperones if we get 20 or more registered students.

For our first year, we will offer transportation in our 15 passenger van to students grades 6-8. First come, first serve basis (depending on availability). Students in grades 1-5 (supervision required) will need to ride with their guardian or carpool. If the program grows, we will look into renting a large bus.

INFORMATON MEETING: THURSDAY, NOVEMBER 7TH, 6:00PM AT THE EXETER SENIOR CENTER. GUNSTOCK WILL BE IN ATTENDANCE TO ANSWER ANY QUESITONS AND HELP WITH REGISTRATIONS.

REGISTRATION: Registrations are completed through Gunstock (see our website for instructions -> "Gunstock Online Registration Instructions"). Rentals and lesson levels must be completed through Exeter Parks & Recreation after registering through Gunstock.

SCHEDULED LESSON TIMES: Our lessons will be held on Tuesday evenings (5:30pm lesson start time) starting February 4, 2020 and run for 4 weeks (program does not meet 2/18 or 2/25, unless our group would like to attend 2/25). Bonus/make-up day are available depending on availability/interest. You will be given your lesson location before the first day. ***Gunstock reserves the right to change your class time to accommodate class sizes.**

FEE: You cannot get a discounted season pass and 4-week lesson directly through Gunstock! This is a special program offered to schools/recreation agencies: Packages are as followed per person and **no** substitutions/changes can be made with Gunstock once program begins.

Date & Time: Tuesdays, 2/4/20 - 3/10/20, 5:30pm Lesson Start Time *Does not meet 2/18/20 or 2/25/20	Fee *Before 12/15	Fee *After 12/14
Mid-week Program Pass (see below for more info)	\$169.00	\$198.00
Winter Prime Program Pass (unrestricted/no black-out dates)	\$299.00	\$328.00
Nordic Program Pass	\$79.00	\$108.00

Pass Details:

Midweek Program Pass: restricted pass with black-out dates on weekends, holidays and vacation periods (NH school vacation week is NOT a Black Out date!). Midweek pass is a great option for a couple reasons. 1.) We will be attending mid-week. 2.) Midweek passes get you %50 off black-out date lift tickets.

Winter Prime Program Pass: unrestricted/no black-out dates. Although our lessons will not be on weekends, you may still purchase a Winter Prime Program Pass if you like. *Winter Prime Passes will benefit those who will visit Gunstock on 4 or more black-out dates.

DEADLINE: The deadline to register for this program is **Friday, January, 31, 2020**. We must have **6** registered by this date to be able to offer this program. We need **20** registered to offer scholarships!

LESSONS:

First Timer

Groups will spend most or all of their lesson time in the area of the carpet lift. A student should be placed in a First Timer group if ANY of these statements are true:

- I have never skied or snowboarded at all.
- I have only ever played around with it in my back yard.
- The last time I tried skiing or snowboarding, I was less than half the age I am now.
- I have tried it once or twice, but I didn't learn how to stop.

Beginner

Most beginner lesson groups will begin with a skills assessment on the carpet lift before moving to the beginner chairlift. Although they may need a brief review, most Beginner level students will agree with all (or most) of these statements:

- I can put on and take off my own equipment
- I can stand up on my own after I fall
- (If I'm a skier) I can walk up a small hill with my skis on.
- (If I'm a snowboarder) I can do a straight glide with a flat board down a very small hill
- I can change directions and stop while skiing or riding slowly.
- I can load and unload the carpet lift and safely ski or ride on my own in the beginner area around the carpet.

More advanced beginner groups may go directly to the Penny Pitou chairlift on their first day. Beginner students in those groups will also agree with most of these statements:

- I can successfully load and unload a beginner chairlift.
- I can ski or ride safely on easier green circle (beginner) terrain.
- I can use a turn to control my speed (called a "J-turn")
- I can link multiple turns together.
- (If I'm a snowboarder) I can traverse across the hill (instead of down it) on one of my edges.

Intermediate

Most Intermediate lesson groups will begin with a skills assessment on the Penny Pitou chairlift before moving to intermediate terrain. Although they may need a brief review, most Intermediate level students will agree with all (or most) of these statements:

- I can ski or ride confidently and safely on all green circle terrain.
- I can turn and stop while skiing or riding steeper green circle terrain (such as "Try Me" trail).
- I am (mostly) using linked, rounded turns to control my speed instead of a wedge ("snowplow") on skis or a "falling leaf" on snowboards.
- I am developing the confidence and skills to ski or ride on blue square terrain.

More advanced Intermediate groups may go directly to the Ramrod Quad on their first day. Intermediate students in those groups will also agree with one or more of these statements:

- I am skiing or riding safely on blue-square terrain.
- (If I'm a skier) I am skiing with parallel skis all or most of the time.
- (If I'm a snowboarder) I'm starting to carve my turns instead of skidding them.

- (If I'm a skier) I can do a hockey stop.
- I'm using my feet and legs to turn my equipment instead of my shoulders, arms, or whole body.

Advanced

Most Advanced lesson groups will begin with a warm-up run on the Ramrod Quad to confirm appropriate skills before moving to more advanced terrain. Some higher level groups MAY move directly to the summit lift. Advanced level students will agree with most of these statements:

- I am safely skiing or riding the entire mountain, including black diamond terrain.
- I am confident in a variety of conditions and comfortable at higher speeds.
- I can change the size and shape of my turns to control my speed.
- I am interested in lessons that tackle higher-level skills and tactics for steeps, glades, powder, moguls/bumps, carving, dynamic turns, or freestyle skills (tricks and stunts).

Adaptive Outreach students

One-on-one support, provided by Lakes Region Disabled Sports at no additional cost! Lakes Region Disabled Sports provides recreation and fitness for individuals with disabilities (physical, cognitive, developmental, or sensory) in a safe, supportive, independent, and fun environment.

Refunds

A prorated refund to a gift card will be issued only if a medical injury/health issue prevents someone from participating in the remainder of the season. Injuries/illnesses must be documented by a doctor within 10 days of the injury/illness. Flex passes are nonrefundable. You must provide a doctor's note stating the date of the injury or illness and complete a refund request form. The documents should be given to the group coordinator (David Tovey). Please submit these documents within 10 days of the injury or illness.

Chaperones

Chaperones will have important roles for this program, which include but not limited to: 1.) Supervise children in rental shop 2.) Off snow roles, i.e. "lodge parent" 3.) On mountain roles, i.e. lesson parent (join a lesson group to help out with instructor if needed) 4.) Help children with equipment and getting to their lesson on time. If we get 20 or more students registered for this program, we will have 1 free chaperone ticket for every 6 students (ages 6-9) and 1 free ticket for every 10 students (ages 10 and up). If your child is registered, you are entitled to purchase one of their flex passes (\$29 per pass). Flex passes get you %50 off lift tickets, rentals, and lessons.

Scholarships

In order to qualify for scholarships, we must first get 20 students registered in this program. Gunstock will offer us 1 scholarship for every 10 students (2 full scholarships if we get 20 registered) to a student who also qualifies for the school's free lunch program. Contact David Tovey at Exeter Parks & Rec. for information on how to apply.