



## YOUTH SKI LESSON PROGRAM PARENT & TOT FOR 3 YEAR OLDS MCINTYRE SKI AREA, MANCHESTER, NH



**PROGRAM:** Our Parent & Tot program introduces skiing and NEW this year, snowboarding on Burton Boards, to the 3 year old and the almost 3 year old who want to learn to ski or board. (1 to 8 ratio student to coach; parents are very hands-on in this class).

Our Tot program introduces skiing & snowboarding to the 3 year old who wants to learn to ski or board. Parents are very hands-on in this class and should come dressed in winter gear and wear snow boots with good traction. Ski or snowboard equipment for the parent is not needed.

**REGISTRATION:** Registrations accepted at the Exeter Recreation Office during our business hours, on-line, mail or fax. Payment must be paid at the time of registration. A medical release form and a Waiver of Liability must also be completed at time of registration. Please note that the cost of this program DOES NOT INCLUDE TRANSPORTATION. However, parking will be available at the Exeter Recreation Center to facilitate car-pooling.

**\*A MCINTYRE SNOW SPORTS SCHOOL APPLICATION THAT IS ATTACHED TO THIS FORM MUST BE COMPLETED & SIGNED TO PARTICIPATE IN THIS PROGRAM.**

**\*New – Early Bird Discount – Register before the deadline and receive a \$10.00 discount.**

<b>Sessions 1 (4 Weeks): Fridays, January 3<sup>rd</sup> – January 24<sup>th</sup>, 2014 Time: 11:15AM – 12:00PM</b>	<b>Fee Before 11/15</b>	<b>Fee After 11/15</b>	<b>Class Code</b>
Lessons & no rental	\$120.00	\$130.00	110900-1A
Lessons & rental	\$170.00	\$180.00	110900-1A
Helmet Rental (additional fee) – Early Bird Discount does not apply	\$15.00	\$15.00	110900-1A
Lease Equipment <b>New</b> – Includes Skis, Boots, Bindings & Poles	\$169.00	\$169.00	110900-1A
Lease Equipment <b>Used</b> – Includes skis, Boots, Bindings & Poles	\$125.00	\$125.00	110900-1A
<b>Sessions 2 (4 Weeks): Fridays, January 31<sup>st</sup> – February 21<sup>st</sup>, 2014 Time: 11:15AM – 12:00PM</b>	<b>Fee Before 11/15</b>	<b>Fee After 11/15</b>	<b>Class Code</b>
Lessons & no rental	\$120.00	\$130.00	110901-2A
Lessons & rental	\$170.00	\$180.00	110901-2A
Helmet Rental (additional fee) – Early Bird Discount does not apply	\$15.00	\$15.00	110901-2A
Lease Equipment <b>New</b> – Includes Skis, Boots, Bindings & Poles	\$169.00	\$169.00	110901-2A
Lease Equipment <b>Used</b> – Includes skis, Boots, Bindings & Poles	\$125.00	\$125.00	110901-2A
<b>Both Sessions (8 Weeks): Fridays, January 3<sup>rd</sup> – February 21<sup>st</sup>, 2014 Time: 11:15AM – 12:00PM</b>	<b>Fee Before 11/15</b>	<b>Fee After 11/15</b>	<b>Class Code</b>
Lessons & no rental	\$240.00	\$250.00	110902-3A
Lessons & rental	\$330.00	\$340.00	110902-3A
Helmet Rental (additional fee) – Early Bird Discount does not apply	\$30.00	\$30.00	110902-3A
Lease Equipment <b>New</b> – Includes Skis, Boots, Bindings & Poles	\$338.00	\$338.00	110902-3A
Lease Equipment <b>Used</b> – Includes skis, Boots, Bindings & Poles	\$250.00	\$250.00	110902-3A

**Please make your check payable to E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless program is cancelled. There will be a \$20.00 fee charged for each returned check.**

**All students who are renting equipment must do so for the entire program. At the end of each lesson the equipment must be returned to the shop.**

**DEADLINE:** The deadline to register for this program is **Friday, November 15<sup>TH</sup>, 2013**. Enrollments after the deadline are subject to a \$5.00 late fee and will only be accepted if space is available.

**\*\*\*PERSONAL EQUIPMENT MUST MEET NATIONAL SAFETY SKI STANDARDS; YOU WILL NOT BE ABLE TO USE SNOW BOARDS THAT BEND OR DO NOT HAVE METAL AROUND THE EDGES. THE SNOWBOARDER IS REQUIRED TO HAVE SECURE BINDINGS AND RUNAWAY STRAPS. ANY QUESTIONS REGARDING STANDARDS YOU MAY CALL THE MCINTYRE SKI AREA @ 603-622-6159.**

### **LESSONS:**

**Level 1:Gliding Wedge**-Never skied before. Can stand, walk, climb & glide. Can do gliding wedge, slow down & stop.

**Level 2:Wedge Turns**-Can ride the long wonder carpet & make controlled linked wedge turns to the bottom. Can make controlled linked wedge turns & make spontaneous wide & narrow turns. Can make spontaneous turns & come to a complete stop by turning in either direction. Can ride the chair & also do the above.

**Level 3:Wedge Christies**-Have begun working on reducing the size of your wedge turns. Can start all your turns in a wedge & bring your skies to a match at the end of each turn.

**Level 4:Advanced Wedge Christies**-Have begun working on advanced wedge Christies(bring your skis together early in the turn). Can wedge your skis slightly at the beginning of each turn but bring them together very early in the turn. Can ski moderately & beginning to use your inside pole as a timing & steadying device.

**Level 5:Open parallel**-Have begun to work on keeping my skis parallel without a wedge. Can change the edges of your skis at the same time without a wedge. Can use a pole touch to time & steady your turns.

**Level 6:Dynamic Parallel**-Can us your whole body towards the new turns to change directions. Can swing & touch your pole to the snow to start each turn. Can link parallel turns continuously.

**Level 7:Short Radius Turns**-Have begun to work on short radius turns. Can do short radius turns & your lower body & torso face downhill continuously. Can do short radius turns & block each turn with a solid pole plant.

**Level 8:Carved Turns**-Can roll onto an early edge & hold the edge throughout the entire turn, leaving a narrow track in the snow. Can also skid to control your speed. Can ski any & all terrain, ice, moguls, steeps & race courses

### **LOCATION/ HOW TO GET THERE: McIntyre Ski Area - 50 Chalet Ct. Manchester, NH 03104**

From Portsmouth, NH:

- Take Route 101 West toward Manchester
- Take the exit onto I-93 North toward Concord
- Take Exit 8 for Wellington Rd/Bridge St.
- Right off the exit onto Wellington Rd.
- Turn right onto Mammoth Rd.
- Turn left onto Kennard Rd.
- McIntyre will be on your left on Chalet Ct.
- Travel time: ~ 48 minutes

From Keene, NH:

- NH-10 N/NH-9 E/Franklin Pierce Hwy
- Continue to follow NH-9 E/Franklin Pierce Hwy
- Take the ramp onto I-89 S
- Take the exit onto I-93 S toward Manchester/Boston
- Slight right to stay on I-93 S
- Take Exit 8 for Wellington Rd/Bridge St.
- Right off the exit onto Wellington Rd.
- Turn right onto Mammoth Rd.
- Turn left onto Kennard Rd.
- McIntyre will be on your left on Chalet Ct.
- Travel time: ~ 1 hour 12 minutes