

# **Hermon Mountain**

## **Learn to Ski/Snowboard Program**

**Snow Flakes** – Ages 3-4 yrs. Skiing only. In this program Instructors and parents work together to teach the children to ski and love the snow. The Snow Flake lessons are on Saturday only. They start at 9:30 and last 1 hour. The tickets are good until 1pm. Rentals are included, adult rentals are regular price. (These lessons require a skiing adult). The cost is \$160.00

**Snow Flurries (5-8 yrs) and Blizzards (9-12 yrs)** – Both skiing and snowboarding on Saturday or Sunday. Pick one or the other for the entire 4 weeks. Lessons start at 9:30am and run for 1 ½ hours. The tickets are good until 1pm. Rentals are included. The price is \$160.00.

**Teens/ Adults (13yrs +)** - Both skiing and snowboarding offered on Friday nights at 6pm. The lessons are 1 ½ hours long. Tickets are good until 9pm. Rentals are included. The price is \$180.00.

**The registration form and payment must be received one week before the start of the session.  
Forms received after that will not be accepted**

### **Expected**

|                 |                        |                 |
|-----------------|------------------------|-----------------|
| Starting Dates: | Snow Flakes            | Jan 6th         |
|                 | Flurries and Blizzards | Jan 6th and 7th |
|                 | Teens/Adults           | Jan 5th         |

The second session begins in February, please call ahead for dates. No new students are accepted after the first lesson is completed, they will have to wait until the second session.

Please check out our website: [skihhermonmountain.com](http://skihhermonmountain.com) and follow the learn to ski link for more information about the program including parent tips, ability levels and more.

If you have any questions, comments or concerns please feel free to stop by the mountain, email or call 848-5192. We look forward to seeing you!

Please mail to:

New Hermon Mountain, Inc  
126 George Rd  
Prospect, ME 04981

You can also drop them off at the mountain 441 Newburg Rd, Hermon

# Ski/Snowboard Registration Form

Please Provide the following information if your child will be participating in the lessons at Hermon Mountain.

Snow Flakes (3-4yrs) \_\_\_\_\_ (Saturday only)      Snow Flurries (5-8 yrs) \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday  
Blizzards (9-12 yrs) \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday      Teens/Adults (13+yrs) \_\_\_\_\_ Friday 6pm

Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Ability Level (see ability guide or check our website [skihermontmountain.com](http://skihermontmountain.com) under learn to ski/ride for a detailed description of each)

## Skiing (circle your current ability level)

| Snow Flakes (3-4yrs) | Snow Flurries(5-8yrs) | Blizzards(9-12yrs) | Teens/Adults  |
|----------------------|-----------------------|--------------------|---------------|
| Level 1 white        | Level 1 white         | Level 1 white      | Level 1 white |
| Level 2 green        | Level 2 red           | Level 2 red        | Level 2 red   |
|                      | Level 3 green         | Level 3 green      | Level 3 green |
|                      | Level 4 blue          | Level 4 blue       | Level 4 blue  |
|                      | Level 5 black         | Level 5 black      | Level 5 black |

## Snowboarding (circle your current ability level)

| Snow Flurries(5-8yrs) | Blizzards(9-12yrs) | Teens/Adults  |
|-----------------------|--------------------|---------------|
| Level 1 white         | Level 1 white      | Level 1 white |
| Level 2 red           | Level 2 red        | Level 2 red   |
| Level 3 green         | Level 3 green      | Level 3 green |
| Level 4 blue          | Level 4 blue       | Level 4 blue  |
| Level 5 black         | Level 5 black      | Level 5 black |

## Equipment Information

Check one: \_\_\_\_\_ has their own equipment      OR      \_\_\_\_\_ will be renting equipment

Age \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Shoe Size \_\_\_\_\_

Agreement and Release of liability, Please Read Carefully before signing

1. I accept for use as is the equipment given to me and accept full responsibility for the care of the equipment while it is in my possession.
2. I will be responsible for the replacement a full retail value of any equipment rented under this agreement but not returned to the rental shop.
3. I agree to reimburse and hold harmless the ski shop for any loss or damage of any kind, other than reasonable wear and tear, which results from the use of this equipment.
4. I agree to return all rental equipment by the agreed time in clean condition to avoid any additional charges.
5. I understand that there are inherent and other risks involved in this sport for which the equipment is to be used (snow skiing or snowboarding) that injuries are common and ordinary occurrences of the sport, and I freely assume those risks.
6. I understand that the ski-boot-binding system will not release at all times or under all circumstances, nor is it possible to predict every situation in which it will release, and therefore is no guarantee for my safety.
7. I hereby release the ski shop and its owners, agents and employees from any and all liability for damage and injury to myself or to any person or property resulting from the selection, adjustment and use of this equipment, accepting myself the full responsibility for any and all such damage or injury which may result.
8. I have made no misrepresentations to the ski shop in regard to my height, weight, age or skiing ability.
9. I verify that the visual indicators on my bindings correspond to the settings as shown on this rental agreement form.
10. All Instructions on the use of my rental equipment have been made clear to me, and I understand the function of my equipment.

I, the undersigned, have read and understand the rental agreement above

(Parent/Guardian) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Learn to Ski/Snowboard Learn to ski Ability Levels

### Skiing

**Snow Flakes (3-4yrs)** – In this class parents and Instructors work together to teach the children to ski and love the snow. Children must be accompanied by a skiing adult. The Adult ticket is included in the program cost (rentals are not). There are two levels in this class, please read them to help determine which group is right for you.

|                      |  |
|----------------------|--|
| <u>Level 1 White</u> | Never ever beginner<br>Has had equipment on, is working on but not mastered the wedge (pizza) independently in the beginner area<br>(front of lodge) |
| <u>Level 2 Green</u> | Stops, glides and controls speed using the wedge (pizza) in the beginner area (front of lodge)<br>Working on turns in the beginner area              |

**Snow Flurries (5-8yrs)** – In this class there are 5 levels. The beginner group will start in the beginner area (front of lodge) so parents will be able to watch their children progress. We do ask that unless asked by the instructor parents remain either on the deck or inside so that the Instructor can better hold their students attention. If they need help they will ask. Please read through the levels below to help determine which level best describes your child. The colors will remain the same so when you complete a level you can put the next level as your ability level in future 4 week lessons. (This is new for 2012-2013 previous years colors are different)

|                      |  |
|----------------------|--|
| <u>Level 1 White</u> | Never ever beginner and/or cannot come to a stop on their own. They will be in the beginner area learning the basics of balancing and gliding on the snow                              |
| <u>Level 2 Red</u>   | Can stop and glide in a wedge (pizza) and are working on turning and getting up on their own. They take their first ride on the chair lift after mastering the beginner area           |
| <u>Level 3 Green</u> | Can turn left, right and make a complete stop. They can ride the chair lift and ski on green trails (slow poke and lazy lane)  |
| <u>Level 4 Blue</u>  | Explores harder green trails and easier blue runs. They learn to make advanced turns, making a wedge turn (pizza) and skiing parallel (fries) across the hill                          |
| <u>Level 5 Black</u> | Can make advanced turns, ski all blue trails and are beginning to explore groomed black trails (cloud 9).<br>Can ski parallel on green and blue trails and are preparing for pole use. |

**Blizzards (9-12yrs)** – In this class there are 5 levels. While the beginner group still starts in the beginner area (front of lodge) they tend to move quickly to the chair lift and to the green trails. Please read through the levels below to determine which level best describes your child. The colors will remain the same so when you complete a level you can put the next level as their ability level in future 4 week lessons. (This is new for 2012-2013 previous years colors are different)

|                      |  |
|----------------------|--|
| <u>Level 1 White</u> | Never ever beginner and/or cannot come to a stop on their own. They will be in the beginner area learning the basics of balancing and gliding on the snow  |
| <u>Level 2 Red</u>   | Can stop and glide in a wedge and are working on turning and getting up on their own. They take their first ride on the chair lift after mastering the beginner area   |
| <u>Level 3 Green</u> | Can link turns and make and hold different size wedges for control on different terrain. Can ride the chair lift with confidence and ski green terrain (slow poke and lazy lane). Is ready to learn beginner parallel turns (wedge christies and skid turns)   |
| <u>Level 4 Blue</u>  | Can ski harder green and easier blue trails using a wedge christies and/or open parallel turns. Working on parallel turns on blue trails and is ready to learn to use poles  |
| <u>Level 5 Black</u> | Can make open parallel or skid turns on all blue trails and are beginning to explore groomed black trails (cloud 9). Are working on advanced/dynamic parallel turns on steeps, in bumps and on ungroomed trails. This skiers focus can be to master the art of carving turns (racer style) on the groomed trails |

**Teens/Adults (13yrs and over)** – This class takes place on Friday evenings at 6pm. The levels are the same as the levels in the Blizzards. Please read through the levels to determine which best describes you. All lessons/students progress at different speeds so one or more level may be completed in one 4-week session.

### Snowboarding

There are 3 different age groups for these lessons: the **Snow Flurries (5-8yrs)** and **Blizzards (9-12yrs)** take place on Saturday or Sunday mornings at 9:30. The **Teen/Adult (13yrs+)** group takes place on Friday nights at 6:00pm. There are 5 levels in each age group. The levels are the same in each group but the speed that the levels are mastered varies greatly. The student may progress one or two levels or be recommended to stay in a level for more than one session. The first three levels of snowboarding can be very slow to master, and each student is different. Don't rush! Learn it and practice, practice, practice! Please read through the following levels to determine which best describes you or your child.

|                      |  |
|----------------------|--|
| <u>Level 1 White</u> | Never ever beginner  |
| <u>Level 2 Red</u>   | Working on toe-edge and heel-edge turns in the beginner area (front of lodge)  |
| <u>Level 3 Green</u> | Becoming comfortable with linking turns in the beginner area and is ready to learn the chair lift and green trails (slow poke and lazy lane)                     |
| <u>Level 4 Blue</u>  | Confident in linking turns on green trails (slow poke and lazy lane) and working on blue trails, may be starting to carve turns                                  |
| <u>Level 5 Black</u> | Working on riding on steep trails, hard blue and easier blacks (cloud 9). Working on carving turns and using short linked turns in bumps and on ungroomed trails |