

2018 Victor Constant Ski Area Multi-Week Lesson Descriptions

Ski Lesson Description for Ages 6- Adult

Offered: Mon & Wed or Tue & Thu

Duration: Twice a week for (5) weeks.

Start time: 5pm (taught by our Cadets) OR 6:15pm (taught by our Civilian Staff)

Begins: Mon & Wed Jan 10 / Tue & Thu Jan 11

This lesson is designed for various levels of skiing ability, from the entry level skier, to the skier who wants to improve their technique and knowledge. Students will be evaluated by the instructors to determine skills and will be placed in groups according to ability and age. A new skier can expect to become familiar with the equipment, balance, agility, edges and stopping.

Skiers who have progressed will work on: change of direction, linked turns, match the skis, maneuver over varied terrain, and ride the chairlift. All skiers will be coached to improve their skills and progress to their next steps.

NOTE: Student's progression varies. Students may be moved at any time during the 5-week period to different classes depending on individual and/or group's progression. For whatever the skill level it is you achieve during these lessons, we can assure you that you will have fun!

Snowboard Lesson Description for Ages 6-Adult

Offered: Mon & Wed or Tue & Thu

Duration: Twice a week for (5) weeks.

Start time: 5pm (taught by our Cadets)

Begins: Mon & Wed Jan 10 / Tue & Thu Jan 11

This lesson is designed for various levels of snowboarding ability, from the entry level rider, to the rider who wants to improve their technique and knowledge. Students will be evaluated by the instructors to determine skills and will be placed in groups according to ability and age.

A new rider can expect to become familiar with the equipment, balance, agility, edges and stopping. Riders who have progressed will work on change of direction, linked turns, maneuver over varied terrain, ride the chairlift.

NOTE: Student's progression varies. Students may be moved at any time during the 5-week period to different classes depending on individual and/or group's progression. For whatever the skill level it is you achieve during these lessons, we can assure you that you will have fun!

Ski-Wee Lesson Description for Ages 5 yrs. old only

Offered: Mon & Wed or Tue & Thu

Duration: Twice a week for (5) weeks.

Start time: 5pm (taught by our Cadets)

Begins: Mon & Wed Jan 10 / Tue & Thu Jan 11

Little Plebes Ski Lesson Description for Ages 4 - 5 yrs. old

Offered: Sat or Sun

Duration: Once a week for (4) weeks.

Start time: 11am - 12pm (taught by our Civilian Staff)

Begins: Weekend of January 20, 2017

We introduce children to skiing with a blend of on-mountain instruction and of course fun!

Lessons are taught at the base of our beginner area and only progress to bigger slopes/terrain when ready. We will be learning sliding, stopping, turning, along with rules of a responsible skier to help foster an appreciation for skiing and the outdoors.

Children **MUST** be able to take care of their own personal needs (potty trained). This program is designed for children new to the sport and not yet able to use a chair lift.

Snow Cadets Description for Ages 6-7 yrs. old

Offered: Sat or Sun

Duration: Once a week for (4) weeks.

Start time: 11am-12pm (taught by our Civilian Staff)

Begins: Weekend of January 20, 2018



For children who attended Little Plebes or have basic skill levels. Lessons are a blend of on-mountain instructions and of course fun!

Lessons are taught at the base of our beginning area and only progress to bigger slopes/terrain when ready. We will be building on basic skills by linking turns, matching skis, increased use of terrain, learning to ride the lift along with rules of a responsible skier to help foster an appreciation for skiing and the outdoors.

Please remember, the size of the group is based on skill ability, maturity, and age of students. All of Victor Constant instructors are 100% volunteers. We try to keep the same instructor(s) with the group for the entire session but please be aware that there can be substitution during the 4-week period for Little Plebes and Snow Cadets and the 5-week period for Ski Wee.



732 Victor Constant Road, West Point, NY 10996 • Phone (845).938.8810

www.victorconstantski.com

