

LEARN TO SKI & SNOWBOARD

at

Lost Valley
AUBURN, MAINE



Boys and Girls Age 7 (Min. 48" tall) through Age 16*

* Age as of December 1st, 2016
(Brunswick Residents Only)



FEE: Lessons Only - \$150.00

Ski or Snowboard Lessons and Equipment Rental - \$225.00

Fees include bus transportation to & from Lost Valley

DEADLINE: Thursday, December 15th*

*Additional \$15 late fee after the 15th

The Brunswick Parks and Recreation Department, in conjunction with Lost Valley, Inc. of Auburn, Maine, will once again be offering the highly popular program of **LEARN-TO-SKI or SNOWBOARD** this winter. The program is open to boys and girls age 7 (minimum 48" tall) through age 16 as of December 1st. The **1.5 hour** lessons will be held weekly at Lost Valley for **4 weeks**. We strongly recommend that youngsters who are using their own equipment have it checked by qualified ski shop personnel.

WEDNESDAY lessons will be held on **January 11, 18, 25 & February 1, from 6 – 7:30 p.m.** The bus will leave from the **Stowe School's Parking Lot at 4:30 p.m. and return at approximately 8:45 p.m.**

THURSDAY lessons will be held on **January 12, 19, 26 & February 2, from 6 – 7:30 p.m.** The bus will leave from the **Stowe School's Parking Lot at 4:30 p.m. and return at approximately 8:45 p.m.**

We advise students to **bring a light bag supper or snack to eat on the bus** either going up or back, as there will be no time to go into the Lost Valley snack bar before or after the lessons. The buses arrive at the lessons about 15 minutes before class starts and leave as soon as they are over.

CANCELLATIONS: If a lesson is canceled due to weather or trail conditions, the lesson will be made up. Participants will be notified of make-up times as soon as arrangements are made. ****IN THE EVENT OF A CANCELLATION, PARTICIPANTS WILL NOT BE CALLED INDIVIDUALLY.** Cancellations will be announced at local schools, at www.brunswickme.org/parkrec or you can call the Department at 725-6656.

LIMITED REGISTRATION: There is a limited number of registrations we can accept. Only 1 bus will run each day and only 40 people per bus are allowed. Buses will be filled on a first come, first served basis. Register early!

DEADLINE TO REGISTER: Thursday, December 15th, or until program is filled, whichever comes first. **Lost Valley is charging an additional \$15 for registrations after December 15th.** Complete the registration form on the back as well as the Lost Valley Release Form, which you may obtain at the Recreation Center and submit with full payment. Be sure to choose the class level for which you qualify.

SKI AND SNOWBOARD EQUIPMENT RENTAL FITTING: On **Tuesday, December 20th, starting at 5:00pm** at the Recreation Center, there will be equipment fitting for all participants who are renting equipment. It is **very important** that all kids renting equipment be present in order to save time on the first day of lessons. Representatives from Lost Valley Ski School will be on hand to accurately fit equipment to participants. **Those unable to attend will have to travel to Lost Valley to be fitted with their rental equipment or might miss lesson time the first day of lessons.**

FOUR HOURS OF FUN: Again this year, each participant in the program will receive four hours of free skiing or snowboarding at Lost Valley. This session will *not* include instruction. Youngsters who have had equipment rental during the regular lessons may have **free equipment rental** during this free time. It will be the responsibility of the participant to provide his/her own transportation to and from Lost Valley for the four hours of free fun.

VOLUNTEER ADULT CHAPERONES: The Parks and Recreation Department is seeking volunteers to help chaperone and monitor the children during the bus trips and lessons. Volunteers must be at least 21 years old and able to be at the Stowe School each Wednesday or Thursday at 4:15 pm. Chaperones are responsible for seeing that children behave on the buses, pick up their rental equipment, get to their lessons, and insure that they are back on the bus after each lesson. Please contact Aaron Cropley at: 725-6656 or Email: acropley@brunswickme.org

GENERAL GUIDELINE FOR DETERMINING CLASS LEVEL - PLEASE READ CAREFULLY

<u>SKI LEVELS:</u>	<u>SNOWBOARD LEVELS:</u>
<u>LEVEL 1:</u> (Gliding Wedge) I have never skied before. I can stand, walk, climb, and glide. I can do a gliding wedge, slow down and stop. I can do slight turns. I am familiar with the chair lift.	<u>LEVEL 1:</u> Never been on snowboard before Can stand, skate, glide, and climb Can sidestep toeside and heelside Can traverse to a stop
<u>LEVEL 2:</u> (Wedge Turns) You have skied before and can stop in a wedge. I can make control linked wedge turns to the bottom. I can control linked wedge turns and make spontaneous wide and narrow turns. I can make spontaneous turns and come to a complete stop by turning in either direction.	<u>LEVEL 2:</u> Can ride the chairlift Can read the fall line Can do garland turns Can vary my garland turn shape
<u>LEVEL 3:</u> (Wedge Christie) I have begun working on reducing the size of my wedge turns. I can start all my turns in a wedge and bring my skis to a match at the end of each turn.	<u>LEVEL 3:</u> Can link skidded toeside to heelside turns Can control my speed with turn shape Can absorb uneven terrain. Can make turns on Green terrain
<u>LEVEL 4:</u> (Adv. Wedge Christie) I have begun working on adv wedge christie (bringing my skis together early in the turn.) I can wedge my skis slightly at the beginning of each turn but bring them together very early in my turn. I can ski moderately and I am beginning to use my inside pole as a timing steady devise.	<u>LEVEL 4:</u> Can link skidded turns in varied terrain Can comfortably ride all Green runs and easy Blue runs
<u>LEVEL 5:</u> (Open Parallel) I have begun to work on keeping my skis parallel without a wedge. I can change the edges of my skis at the same time without a wedge. I can use a pole touch to time and steady my turns.	<u>LEVEL 5:</u> Can use turn shape for speed control, reduction, maintenance, and generation Can ride switch on Green trails Can ride comfortably on all Blue runs in varied conditions Comfortable on most Black terrain
<u>LEVEL 6:</u> (Dynamic Parallel) I can use my whole body towards the new turn to change directions. I can Swing and touch my pole to the snow to start each turn. I am linking parallel turns continuously.	<u>LEVEL 6:</u> Able to handle anything the mountain can throw at them

☺ Please detach here and return to the Recreation Center by Dec. 15. After that date, there is a \$15 additional charge by Lost Valley. ☺

BRUNSWICK PARKS & REC. DEPT. LEARN-TO-SKI & SNOWBOARD - Winter 2017

Fee: Brunswick Residents Only \$150.00 - Lessons Only
 \$225.00 - Lessons and Ski Equipment Rental (Skis, boots, and poles)
 \$225.00 - Lessons and Snowboard Equipment Rental (Snowboard and boots)

PLEASE PRINT

NAME _____ HOME ADDRESS _____
 SCHOOL _____ GRADE _____
 DATE OF BIRTH _____ AGE (as of 12/1/16) _____ MALE FEMALE
 PRINT PARENT(S) NAME _____ EMAIL _____
 DAY PHONE _____ EVENING PHONE _____ CELL PHONE _____
 WHO ELSE TO CONTACT IN CASE OF EMERGENCY: (Please provide an additional phone number)
 _____ PHONE _____ RELATIONSHIP _____

<u>For Office Use</u>	
Date	_____
Amt \$	_____
Computer	____
Bus:	
Wed	___321226-01
Thurs	___321226-02

CHECK ONE: Ski Lessons Only = \$150.00 Lessons & Ski Equipment Rental = \$225.00
 Snowboard Lessons Only = \$150.00 Lessons & Snowboard Equipment Rental = \$225.00

CHECK ONE: SKI Wednesday Lessons Thursday Lessons
 SNOWBOARD Wednesday Lessons Thursday Lessons

CIRCLE ONE CLASS LEVEL USING ABOVE GUIDELINES FOR DETERMINATION OF CLASS LEVEL:
 (CHILD WILL BE MOVED TO DIFFERENT LEVEL BY INSTRUCTOR, IF NECESSARY, BASED ON SKILL)

SKI LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6
 SNOWBOARD LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6

As a parent, I give my child permission to participate in the Learn-to-Ski/Snowboard program. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

PARENT/GUARDIAN NAME(S) Please Print _____

I would like to volunteer to be a chaperone. Name _____

** Please be aware to check out our refund policy when registering at the Brunswick Recreation Center, 220 Neptune Drive, Brunswick Landing

**LOST VALLEY SKI AREA
AUBURN, ME
WARNING, ASSUMPTION OF THE RISK, LIABILITY RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT AND
AGREEMENT NOT TO SUE
PLEASE READ CAREFULLY BEFORE SIGNING
WARNING**

Each person who participates in the sport of skiing accepts, as a matter of law, the risks inherent in the sport. "Inherent risks of skiing" means those dangers or conditions that are an integral part of the sport of skiing, including, but not limited to: existing and changing weather conditions; existing and changing snow conditions; surface or subsurface conditions; trees and other natural objects and collisions with or falls resulting from such natural objects; lift towers, hydrants, snowmaking and snow-grooming equipment, trail maintenance vehicles, snowmobiles, and other man-made structures or objects; collisions with or falls resulting from such man-made objects; variations in steepness or terrain; snowmaking and snow-grooming operations; freestyle terrain, jumps, roads and catwalks and other terrain modifications; the presence of and collisions with other skiers; and the failure of skiers to ski safely, in control or within their own abilities.

I understand that skiing, snowboarding and related activities are HAZARDOUS and that injuries are common and ordinary occurrences during these activities. I AGREE FREELY AND VOLUNTARILY ASSUME ALL RISKS, including the risk of death, injury or damage associated with being permitted to use the ski area and its premises.

I hereby agree for myself, and for anyone on my behalf, to the fullest extent allowed by law, TO RELEASE, INDEMNIFY, AND HOLD HARMLESS Lost Valley Ski Area, its owners, directors, officers, employees and agents, from any and all responsibility and legal liability for any property damage, personal injury, damages or death based upon any cause or claim arising from my use of the ski area and its premises, including any claim of breach of contract, or other legal theory, including NEGLIGENCE, directly or indirectly.

I PROMISE NOT TO SUE Lost Valley Ski Area, its owners, directors, officers, employees, and agents, and to INDEMNIFY, HOLD HARMLESS AND DEFEND them if any claim or action is pursued, for any injuries, damages or death I may sustain associated with my being permitted to use the ski area and its premises. Should any claim or action be asserted in contravention of this agreement, I or my successors shall be liable for all expenses, INCLUDING LEGAL FEES, incurred by the party or parties against whom the claim or action is asserted. I agree that should a claim or action be brought, it shall be submitted to the jurisdiction of the State or Federal Court in the State of Maine, and no other jurisdiction, and shall be governed by the laws of the State of Maine.

I understand this agreement is intended to provide a COMPREHENSIVE RELEASE OF ALL LEGAL LIABILITY which is binding upon me, my heirs, agents and assignments, that it is not intended to assert any claims or defenses that are prohibited by law, and that if any part of this agreement is held to be invalid or unenforceable, the remainder shall be given full force and effect.

As the parent/guardian with legal responsibility of the minor pass holder(s), named below, I verify that I have the authority to enter into this agreement on behalf of the minor child. I have read, understood and agree that the minor child and anyone on behalf of the minor child, including me, is bound by the terms of this WARNING, ASSUMPTION OF THE RISK, LIABILITY RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT AND AGREEMENT NOT TO SUE. Furthermore, if any claim or action is brought in contravention of this agreement, including any claim alleging NEGLIGENCE, I agree to INDEMNIFY, HOLD HARMLESS AND DEFEND, Lost Valley Ski Area, its owners, directors, officers, employees, agents and sponsors, for any and all expenses incurred INCLUDING LEGAL FEES, and any DAMAGES for which they may be adjudged legally liable to pay.

Student Name

Student Signature (If 18 yrs. of age)

Date

Parent or Legal Guardian Name

Parent or Guardian Signature

Date