



at  
**Lost Valley**  
**AUBURN, MAINE**



**Youth Ages 7 (Min. 48" tall) through Age 16\***

\* Age as of December 1<sup>st</sup>, 2019

**Brunswick Residents Only**

**FEE:** Ski or Snowboard Lessons Only - \$180.00

Ski or Snowboard Lessons and Equipment Rental - \$270.00

Helmet Rental - \$20.00

**DEADLINE TO REGISTER: Friday, December 13<sup>th</sup>\***

*\*Additional \$15 late fee assessed after the 13<sup>th</sup>*

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. Program is for youth **ages 7 to age 16 as of December 1, 2019**. A **minimum height of 48"** applies. The **1.5 hour** lessons will be held weekly at Lost Valley for **4 weeks**. Fees include bus transportation to & from Lost Valley. We advise students to bring a light bag supper or snack to eat on the bus, as there will be no time to go to the Lost Valley snack bar before or after the lessons.

**DATES AND TIMES:** Lessons will be held on **Wednesdays from 6 – 7:30 p.m., January 8, 15, 22 & 29**, The bus will leave from the **Harriet Beecher Stowe School's Parking Lot at 4:30 p.m. and return at approximately 8:45 p.m.** The buses arrive at the lessons about 15 minutes before class starts and leave as soon as they are over.

**CANCELLATIONS:** **In the event of a cancellation, participants will not be informed individually! Cancellations will be announced at local schools, on Facebook, or at [www.brunswickme.org/parks-recreation](http://www.brunswickme.org/parks-recreation). You can also call the Recreation Department at 725-6656.** 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.

**REGISTRATION:** Open to Brunswick Youth Only. Complete the registration form, as well as the Lost Valley Release Form and submit with full payment. The release form may obtain at the Recreation Center or at our website. There are a limited number of registrations we can accept. Register early, only 40 participants are allowed!

**DEADLINE TO REGISTER:** Register by **Friday, December 13<sup>th</sup>**. Lost Valley charges an additional \$15 for registrations after December 13<sup>th</sup>.

**SKI AND SNOWBOARD EQUIPMENT RENTAL FITTING:** On **Wednesday, December 18<sup>th</sup>, 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 on their own time to be fitted with their rental equipment or might miss lesson time the first day of lessons.** We strongly recommend that youngsters who are using their own equipment have it checked by qualified ski shop personnel as well!

**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 rented equipment during the regular lessons may take advantage of free equipment rental during this free time as well. 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 Harriet Beecher Stowe School each Wednesday by 4:15 pm. Chaperones are responsible for seeing that children behave on the buses, pick up their rental equipment, get to their lessons, and ensure that they are back on the bus after each lesson. Please contact Aaron Cropley at: 725-6656 or Email: [acropley@brunswickme.org](mailto:acropley@brunswickme.org) if you are interested!

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at [www.brunswickme.org/parks-recreation](http://www.brunswickme.org/parks-recreation)

## GENERAL GUIDELINE FOR DETERMINING CLASS LEVEL - PLEASE READ CAREFULLY

<b><u>SKI LEVELS:</u></b>	<b><u>SNOWBOARD LEVELS:</u></b>
<p><b><u>LEVEL 1:</u></b> (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.</p>	<p><b><u>LEVEL 1:</u></b> Never been on snowboard before Can stand, skate, glide, and climb Can sidestep toeside and heelside Can traverse to a stop</p>
<p><b><u>LEVEL 2:</u></b> (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.</p>	<p><b><u>LEVEL 2:</u></b> Can ride the chairlift Can read the fall line Can do garland turns Can vary my garland turn shape</p>
<p><b><u>LEVEL 3:</u></b> (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.</p>	<p><b><u>LEVEL 3:</u></b> Can link skidded toeside to heelside turns Can control my speed with turn shape Can absorb uneven terrain. Can make turns on Green terrain</p>
<p><b><u>LEVEL 4:</u></b> (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.</p>	<p><b><u>LEVEL 4:</u></b> Can link skidded turns in varied terrain Can comfortably ride all Green runs and easy Blue runs</p>
<p><b><u>LEVEL 5:</u></b> (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.</p>	<p><b><u>LEVEL 5:</u></b> 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</p>
<p><b><u>LEVEL 6:</u></b> (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.</p>	<p><b><u>LEVEL 6:</u></b> Able to handle anything the mountain can throw at them</p>

**LOST VALLEY LEARN TO SKI AND SNOWBAORD WINTER 2020**

<b>For Office Use</b>
Date _____
Amt\$ _____
_____

**FEE:** \$270.00 - Lessons and Snowboard Equipment Rental  
 \$270.00 - Lessons and Ski Equipment Rental  
 \$180.00 - Lessons Only \$20.00 - Helmet Rental

*PLEASE PRINT*

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ (As of 12/1/19)  
 Street Address \_\_\_\_\_ Town of residence \_\_\_\_\_  
 Zip Code \_\_\_\_\_ School \_\_\_\_\_ Grade, Fall 2019 \_\_\_\_\_ Female  Male   
 Parent/Guardian #1 \_\_\_\_\_ Email \_\_\_\_\_  
 Parent/Guardian #1 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Parent/Guardian #2 \_\_\_\_\_ Email \_\_\_\_\_  
 Parent/Guardian #2 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Emergency Contact, other than parent/guardian \_\_\_\_\_ Relationship \_\_\_\_\_  
 Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 \*ALLERGIES/PHYSICAL/MEDICAL CONDITIONS or EMOTIONAL LIMITATIONS \_\_\_\_\_

**CHECK ONE:**     Lessons & Ski Equipment Rental = \$270.00                       Ski Lessons Only = \$180.00  
 Lessons & Snowboard Equipment Rental = \$270.00     Snowboard Lessons Only = \$180.00     Helmet Rental=\$20.00

**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 OR SNOWBAORD:**    LEVEL 1        LEVEL 2        LEVEL 3        LEVEL 4        LEVEL 5        LEVEL 6

I would like to volunteer to be a chaperone  Name \_\_\_\_\_

*As a parent/guardian, I give my child permission to participate in the Brunswick Parks and Recreation Department Lost Valley Learn to Ski and 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 \_\_\_\_\_

Names of Parents/Guardians \_\_\_\_\_ **(PLEASE PRINT)**

**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 INDEMNITY, 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