



SNOWSPORTS CLASS REGISTRATION

I WILL SKI SNOWBOARD

Lessons \$ _____ Rentals \$ _____ Extra Ski \$ _____ Parent Ski \$ _____ * Day _____

Jr Program _____ Mighty Mites _____ Mighty Riders _____ Super Mites _____ Junior Race _____ Adult Program _____

Name _____
 Address _____
 City _____ State _____ Zip _____
 Age _____ D.O.B _____ Phone () _____
 Parent or Guardian _____ E-Mail _____
 Medical & Physical Needs _____
 Emergency Contact _____ Phone () _____
 Relationship to student _____

Make Checks payable to:
Lost Valley Ski Area
200 Lost Valley Road
Auburn , ME 04210 (207)784-1561

For Office Use Only
 Amount Paid \$ _____
 Initials _____

30% Handling fee for Cancellation before 12/01/11 . No refunds after 12/01/11
To avoid a \$40 Late Registration fee, please register before 12/1/2011

Check website: lostvalleyski.com for updates and cancellations. **No guarantee of class placement as some classes sell out**

Check (x) program and day below CC # _____ Exp _____ CVV# _____

Junior Program (6 weeks)
Lesson \$105 Rentals \$85 Extra Ski \$40
 Age 7-4th Grade
 Mondays 4:15-5:30
 Tuesdays 4:15-5:30
 Grades 5-12
 Thurs 4:15-5:30
 Fridays 4:30-5:45

Saturday Junior Program (4 weeks)
Lesson \$105 Rentals \$85 Extra Ski \$40
 Ages 7 and up
 Saturdays 10-11:45

Parent Ski \$80
 Ski on your own while Kids are in lesson
 And for one hour with them after lesson

Mighty Mites (6 weeks Ski)
Lesson \$115 Rentals \$85
 5 and 6 yr olds
 ~~XXXXXX~~ Sold out
 4 and 5 yr olds
 ~~XXXXXX~~ Sold out
February Break Mites Program
Lesson \$115 Rentals \$85
 Tues-Fri 1-2:30

Mighty Riders (6 Weeks Snowboard)
Lesson \$115 Rentals \$85 Extra
 5 and 6 yr olds
 Saturdays 1-2pm

Super Mites (4 Weeks Ski)
Lesson \$105 Rentals \$85 Extra Ski \$40
 Sundays 11:30-1pm

Junior Race (6 weeks)
Lesson \$290
 Mon. and Wed. 6-8pm
Adult Skiing (6 Weeks)
Lesson \$130 Rentals \$85 Extra Ski FREE
 Wednesdays 6:30-8pm
 Fridays 10:30am-noon

Adult Snowboarding(6 Weeks)
Lesson \$130 Rentals \$85 Extra Ski FREE
 Thursdays 6:30-8pm

February Break Junior Program
Lesson \$105 Rentals \$85
Extra 4 hr ticket \$75
 Tues-Fri . 10am-12

Reminder:

- Make sure you fill out each section and sign the waiver fellow
- Lesson programs start the week of Jan 2
- Please abide by ages for each program: we may ask for proof of age
- Don't forget to check off students ability and if they will be ski or SB

Snowboard Level Description

- Level 1**
Never been on snowboard before
Can stand, skate, glide, and climb
Can sidestep toeside and heelside
Can traverse to a stop
- Level 2**
Can ride the chairlift
Can read the fall line
Can do garland turns
Can vary my garland turn shape
- Level 3**
Can link skidded toeside to heelside turns
Can control my speed with turn shape
Can absorb uneven terrain.
Can make turns on Green terrain
- Level 4**

Can link skidded turns in varied terrain
 Can comfortably ride all Green runs and easy Blue runs

- Level 5**
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
- Level 6**
Able to handle anything the mountain can throw at them

Skiing Level Description

- Level 1 (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.
- Level 2 (Wedge Turns)**
.I can make control linked wedge turns
.I can control linked wedge turns and make
.I can make spontaneous turns and come to a complete stop by turning in either direction.
- Level 3 (Wedge Christie)**
.I am working on reducing the size of my wedge t turns.
.I can start all my turns in a wedge and bring my skis to a match at the end of each turn.

- Level 4 (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.
- Level 5 (Open Parallel)**
.I have begun to work on keeping my skis parallel .
.I can change the edges of my skis at the same time without a wedge.
- Level 6 (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

WAIVER OF LIABILITY
 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 understand 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.

*Parent Signature if student is under the age of 18 _____ Student Signature _____ Date _____



Ski & Banquet Resort

www.lostvalleyski.com

Junior Program

This program is offered to all levels of skiers and snowboarders; however there is a minimum age is 7 years old. Classes begin the week of January 3. Midweek Classes are available for 6 weeks of 1 hour lessons, and Saturday Classes are available for 4 weeks of 1 ½ hour lessons. Upon completion of the program, students will be entitled to a free 4 hour lift ticket. This ticket will be available at the ticket counter beginning the week of February Vacation

Mighty Mites



This program is offered to children 4-6 years old who have NEVER skied before and have a desire to learn. This six-week program will be offered on Wednesdays @ 4:30pm for 5 and 6 yr. Olds **or** Saturdays @ 9:30am for 4 & 5 yr. Olds.

"Mighty Mites" is a program that learns through play. This program is not designed for a child that has had lessons in the past. Our coaches will give plenty of individual attention to the children and leave them with a fun-filled experience. Remember, this program is learning skiing fundamentals presented through games and play.

Supermites

This special 1 ½ hr program is designed for 6 year olds who have completed the Mighty Mites program and are ready to move on to the next step. Participants must meet the approval of the Mighty Mites Coordinator or Snowsports Director before being enrolled in this special program.

***Students must have completed the Mighty Mites Program**

***Students must be able to turn both ways in a controlled manner and come to a stop.**



Julie Parisien Junior Race

This program is a 6-week program beginning the first week of January for individuals in grades 3-9 with an interest in SKI RACING. This program is a great way to try racing for the Advanced Skier and emphasizes the development of basic skiing fundamentals with an introduction to ski racing.

Coached by our staff former Olympian, US Ski Team Member and Member of the Ski Maine Hall of Fame Julie Parisien

Adult Ski and Snowboard

A six week lesson program for adults of all ages and abilities. Learn to make your first turns, or fin tune your skills with our experienced and professional ski and snowboard instructors.

Mighty Riders

New This Season!!!! Just like Mighty Mites but for our youngest snowboarders. Ages 5 and 6

