

SKIING ABILITY GUIDE

Your ability level may differ between classic and skate skiing. When booking a lesson, choose your level based only on the style you are doing that day.

Never-Ever:

I have never cross-country skied before, or I need a complete refresher.

Terrain & Skills: I need to learn the absolute basics on flat ground: how to put on my skis, balance, glide forward, and stop safely.

Beginner / Novice:

I have skied a few times but want to build confidence and endurance.

Terrain & Skills: I am comfortable on flats and gentle, rolling hills. I can move forward and snowplow to a stop, but my timing and technique need work. I am not sure how far I can ski yet.

Intermediate:

I have skied for several seasons and want to ski more efficiently.

Terrain & Skills: I am comfortable on moderate hills and blue trails. I can confidently snowplow turn on descents and perform basic techniques for my style (classic diagonal stride or skate V1/V2).

Advanced

I am a highly experienced skier looking to build power or refine my racing technique.

Terrain & Skills: I am highly confident on steep climbs, fast descents, and black trails. I have excellent balance and can seamlessly transition between different techniques/gears based on the terrain.