



# TOPSHAM



## Parks & Recreation

**Deadline to Register Thursday,  
December 15th !!**

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Topsham Parks and Recreation Department  
Topsham Municipal Building  
100 Main Street  
Topsham, ME 04086

Phone: 207-725-1726  
Fax: 207-725-1732

If you live in Maine there is no reason to not let your child experience skiing and snowboarding at it's best! Topsham Parks and Recreation is proud to once again sponsor Learn-To-Ski at Lost Valley for our 25th season. Lost Valley will offer your children the very best skiing/snowboarding opportunity within 40 minutes from home. This program is open to children ages 7 through Middle School.

\*Sessions begin Tuesday, January 10th (lesson time 6:00 pm) for 1hr and 15 min. and will run for 6 consecutive weeks, **Also, we are offering a Free—ski option for Parents and Children who have had at least 2 years of lessons.** At the completion of the program skiers/boarders will receive a free ski pass for Lost Valley that may be redeemed during February Vacation! Departure for the trips will take place from the Topsham Municipal Building at **4:15 pm and return will be at 8:45 pm .**

\*Further information regarding transportation issues and meals will be issued to your family following registration. Beginners (Age 7-9) will require supervision of an adult for first few weeks.

**The Area Pre-fit (for rentals) will be on Tuesday, December 20th at 6:00 pm at the Brunswick Parks & Recreation Building at 220 Neptune Drive in Brunswick on the old BNAS. If your child is renting Please Plan to attend!** \*You can view the Lost Valley website at [www.lostvalleyski.com](http://www.lostvalleyski.com).

(Please Complete a Form for each Participant)

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Grade \_\_\_\_\_  
 Address \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_ Parent/Guardian \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ e-mail address \_\_\_\_\_  
 Ski Night Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 School \_\_\_\_\_  
 Physician Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Insurance Carrier & Policy # \_\_\_\_\_

Does your child have any special or medical needs we should be aware of?  
\_\_\_\_\_

*~ Level information and more sign up details on Reverse Side ~*

**\*\*Lost Valley Release Required as well! Available at P & R Office**

Lessons Only - \$145.00
Rentals & Lessons - \$215.00
Pass Only -\$95.00
Pass & Rentals \$160.00
Cash Receipt # 79-2210

## Ski Levels

### Level 1 (Beginner)

### Level 2 (Wedge Turns )

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.

### Level 3 (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.

### 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 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.

### 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 start each turn.

I am linking parallel turns continuously.

## Snowboard Levels

### Level 1

#### Beginner

### 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

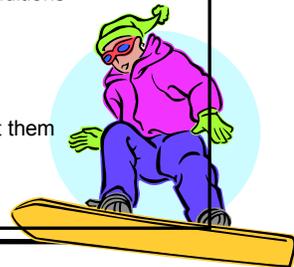
Can ride switch on Green trails

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



## ~ REGISTRATION (CONTINUED) ~

Skiing Lessons - # Level \_\_\_\_\_ (see inside of brochure)

\_\_\_\_\_ Rentals & 1 1/2 hour Lessons (\$215.00)

\_\_\_\_\_ 1 1/2 hour Lessons Only (\$145.00)

Snowboard Lessons - # Level \_\_\_\_\_ (see inside of brochure)

\_\_\_\_\_ Rentals & 1 1/2 hour Lessons (\$215.00)

\_\_\_\_\_ 1 1/2 hour Lesson Only (\$145.00)

**2 Hour Ski Pass 5:30 –7:30 pm**

\_\_\_\_\_ **Children (with 2 years of lessons**

\_\_\_\_\_ **Adult**

**Just Pass 95.00 \_\_\_\_\_**

**Pass with Rentals \$ 160 \_\_\_\_\_**

\*As a parent, I give my child permission to participate in this program. I realize that I must provide my own primary health/accident insurance. In my absence, I give the supervisor of the activity permission to obtain whatever medical treatment may be necessary in the event of an injury. I am aware that the Town of Topsham does not provide liability insurance to cover such injuries. I understand that photographs taken of Topsham Parks & Recreation Programs may be used by the Topsham Parks & Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date