

Sunday Ski School

Selecting the “right” skiing skill level and course

All skiers will be placed in groups to match their skill level. Adults may participate in one of the two adult groups, they need not accompany their child (but may do so). Below are the names of the groups, a brief description and some of the skills taught in each group.

Paul Bunyan First Steppers—for new, young (ages 3-6) skiers

- Put skis on and how to get up from falling down
- Walk and/or “ski” forward
- Develop balance and glide down small hills

Bemidji Climbers —for beginner skiers able to ski short trails

- Glide and balance on skis
- Ski up and down hills including using herringbone step to go up and snowplow to go down
- Turn going down a small hill

Montebello Gliders —for intermediate “classical” skiers

- Diagonal stride, double pole and kick-double pole technique
- Turning and stopping
- Ski more than 2 kilometers

Northland Skaters—for beginning to intermediate “skate” skiers (must have skating skis)

- Balance and glide on each ski
- V-1 and V-2 techniques
- Up and downhill techniques including
- downhill tuck

Adult classic —for new skiers and beginning adult skiers

- Diagonal stride and double pole
- Uphill and downhill techniques

Adult Skate—for skiers who want to learn the basics of skate skiing

- V-1 and V-2 techniques
- Uphill skating and downhill techniques