Sundance Ski Resort Instructor:
Greg Newton  801-223-4140
gregn@sundance-utah.com

COURSE DESCRIPTIONS

For the beginner and intermediate snowboarder. Covers basic skiing concepts including straight runs, stops, turns, traverses, and beginning parallel. Includes demonstration and participation. Grading is based on attendance as PASS/FAIL.

Students will be able to demonstrate progress in the following four areas:

1. **Stance & Balance:** Center of mass remains positioned over the feet through the turn. Ankles, knees, and spine are flexed naturally to maintain balance while moving.
2. **Rotary:** The turning of the feet (not the torso), is the primary turning force.
3. **Edge Control Movements:** The edges of the snowboard are engaged or disengaged in a progressive manner.
4. **Pressure Control Movements:** The application of placing weight on or off the snowboard.

ATTENDANCE/PARTICIPATION

Because participation is the primary component of an activity class, attendance is required to pass the class. No more than 2 absences allowed.

CLASS SCHEDULE

This class will meet weekly. Students must meet each week **promptly** when class begins at the Sundance Ski School Yurt. Lessons will run for 2 hours followed by a lab time of 2 hours:

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>REC 1615</td>
<td>Tuesdays</td>
<td>2:30 pm – 4:30 pm</td>
</tr>
<tr>
<td>REC 1615</td>
<td>Wednesdays</td>
<td>2:30 pm - 4:30 pm</td>
</tr>
<tr>
<td>REC 1615</td>
<td>Fridays</td>
<td>4:30 pm – 6:30 pm</td>
</tr>
</tbody>
</table>

**FIRST CLASS MEETING:** The first class meeting will be held at UVU West – National Guard Building [865 S. Geneva Road] in the auditorium [NG 167] on:

- Tuesday & Wednesday classes: January 5th and 6th at 2:30 pm
- Friday classes: January 8th at 4:30 pm

**Please do not go to Sundance or plan to snowboard the first day of class.**
SKI PASSES
Sundance will provide UVU students a discount pass at the beginning of each class [bring your official registration receipt for discount]. If you have a season ski pass to Sundance, it will be accepted for this class. Sundance does provide a discounted season pass for UVU students taking this class:

**Daily Passes are $35.00**  **College Mid-Week Passes are $299.00**
Good for 1 day skiing only  No weekends or holidays

**College Unlimited Passes are $439 - recommended**
Good for lifts, bike trails, etc. until October 2016 – days, nights, weekends, & holidays

Class starts at 2:30 pm or 4:30 pm **sharp** and that is when discount passes will be purchased. Those arriving late will not be able to purchase daily passes at the discounted rate. **Don't be late!!!**

EQUIPMENT AND CLOTHING
You are expected to provide your own snowboard equipment and winter clothing. If you do have your own equipment, Sundance Resort has a rental store that provides ski packages for the entire ski season at a reduced rate. Refer to web for additional listings of ski shops near UVU ([www.uvu.edu/extend/sundance](http://www.uvu.edu/extend/sundance)).

**Winter clothing should include:**
- Ski bibs or pants
- Ski Jacket of Parka
- Ski Hat [cover ears]
- Sweater [turtleneck style]
- Helmets recommended
- Well fitted Ski Boots
- Warm Socks
- Goggles and/or Sunglasses
- Sunblock

Equipment:
- Snowboard
- Boots
- Leash

TRANSPORTATION
You are responsible for your own transportation to and from Sundance for class each day. UTA transportation is available and is recommended along with car pooling as parking is limited at the resort.