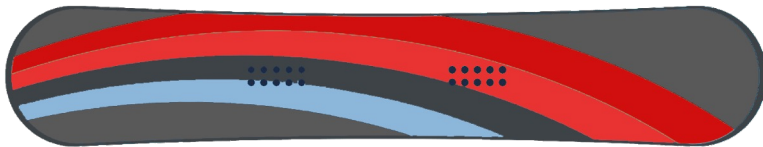


Learning to Snowboard at Grouse Mountain



I am going to have a
snowboard lesson
at Mt Countdown.

I am going to learn how to
snowboard. It is going
to be really FUN!

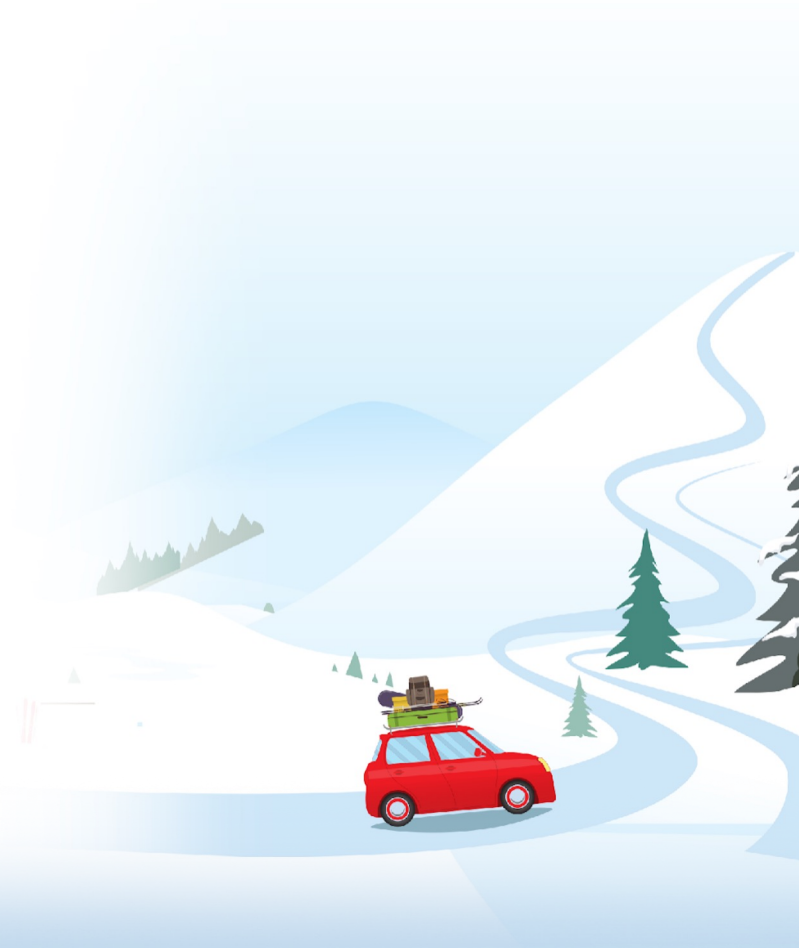


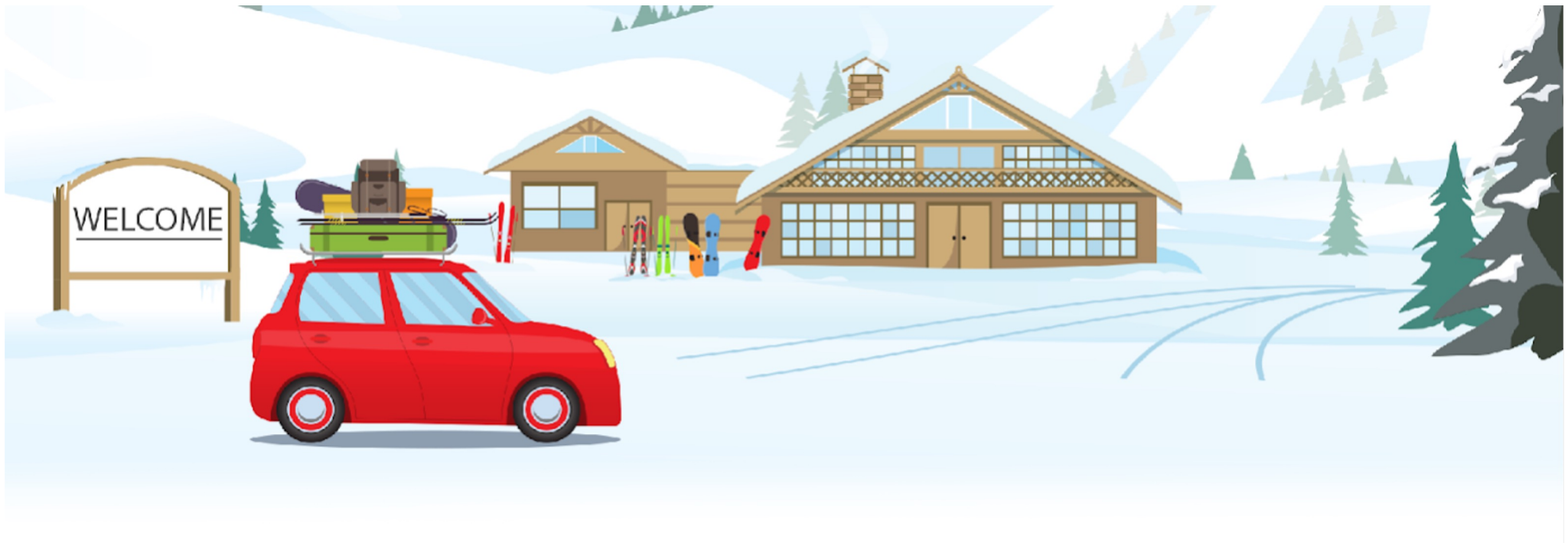


To get to Grouse Mountain,
I will drive to the mountain.

It is very close to the Vancouver and
should take too long to get there.

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I can park in a parking lot, close to the red tram and Starbucks.

The VASS instructors will meet me at the bottom of the mountain near Starbucks.



When it is time for me to go up the mountain I get to ride up the BIG RED tram.





When I meet my instructors
they will help me understand
what my lesson will be like.

They will also want to know all
about me.

They might ask me about what I like, what works well for me and anything that I need help with.

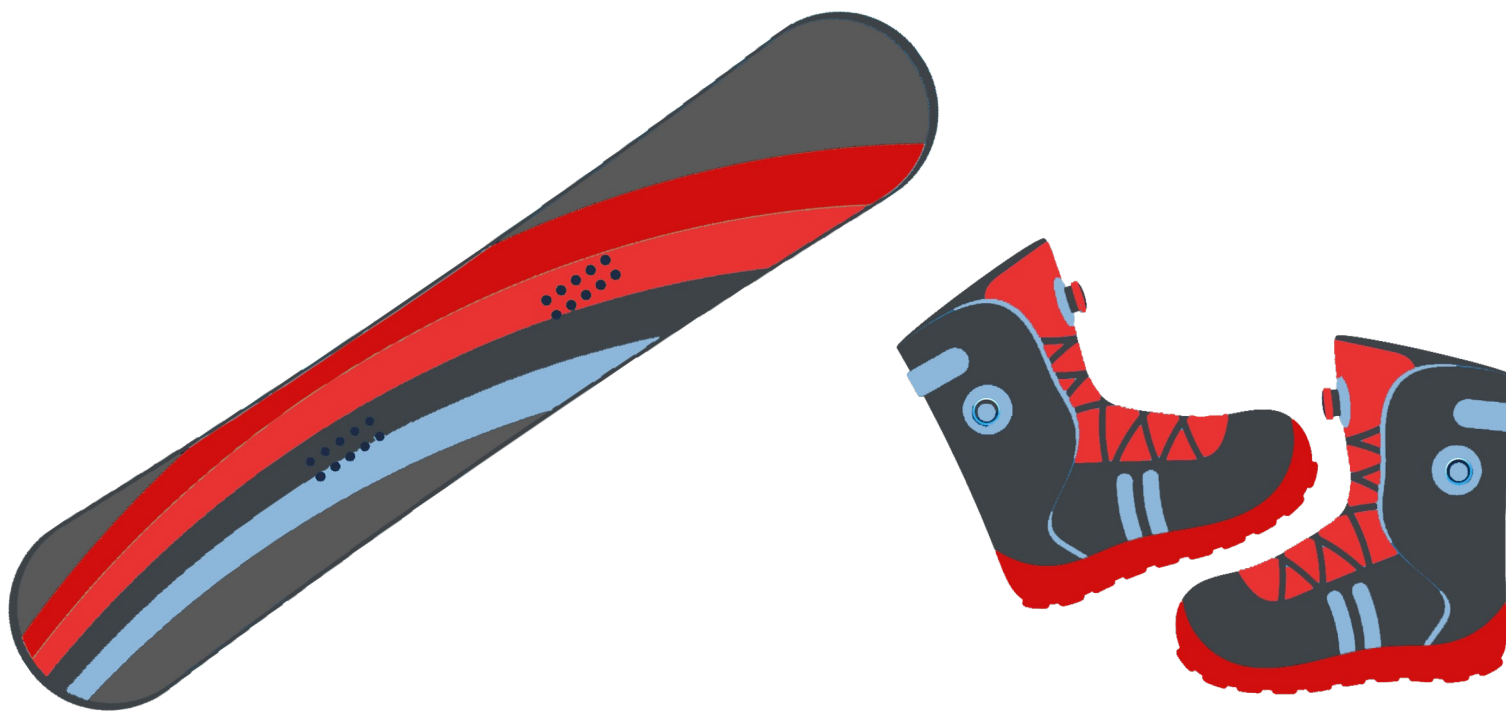
They might ask other questions too or ask me to move in different ways.





After I chat with my instructors, we will walk to the YURT and maybe the rental shop and I will try on boots.

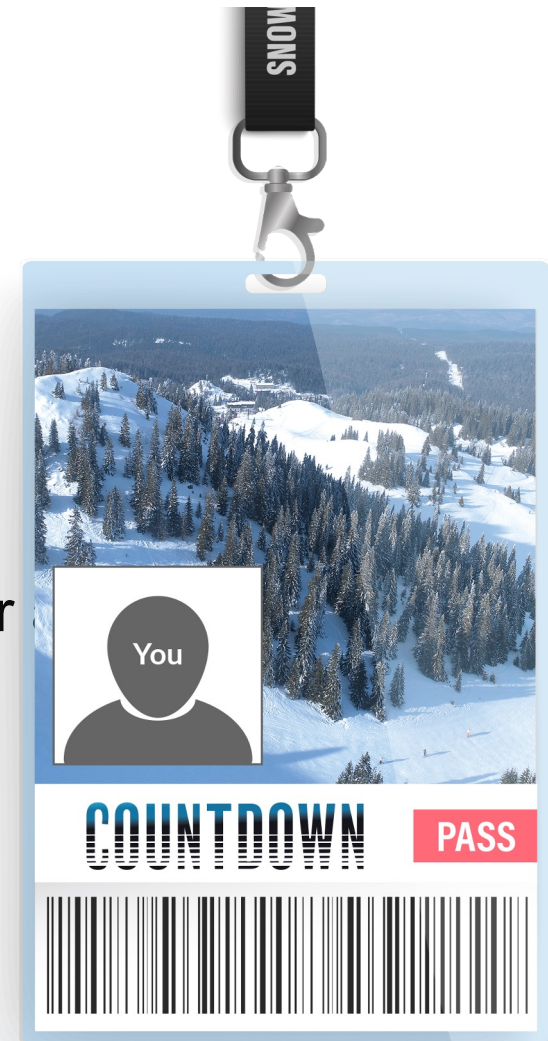
I will find a pair that fits and learn how to tighten them up.

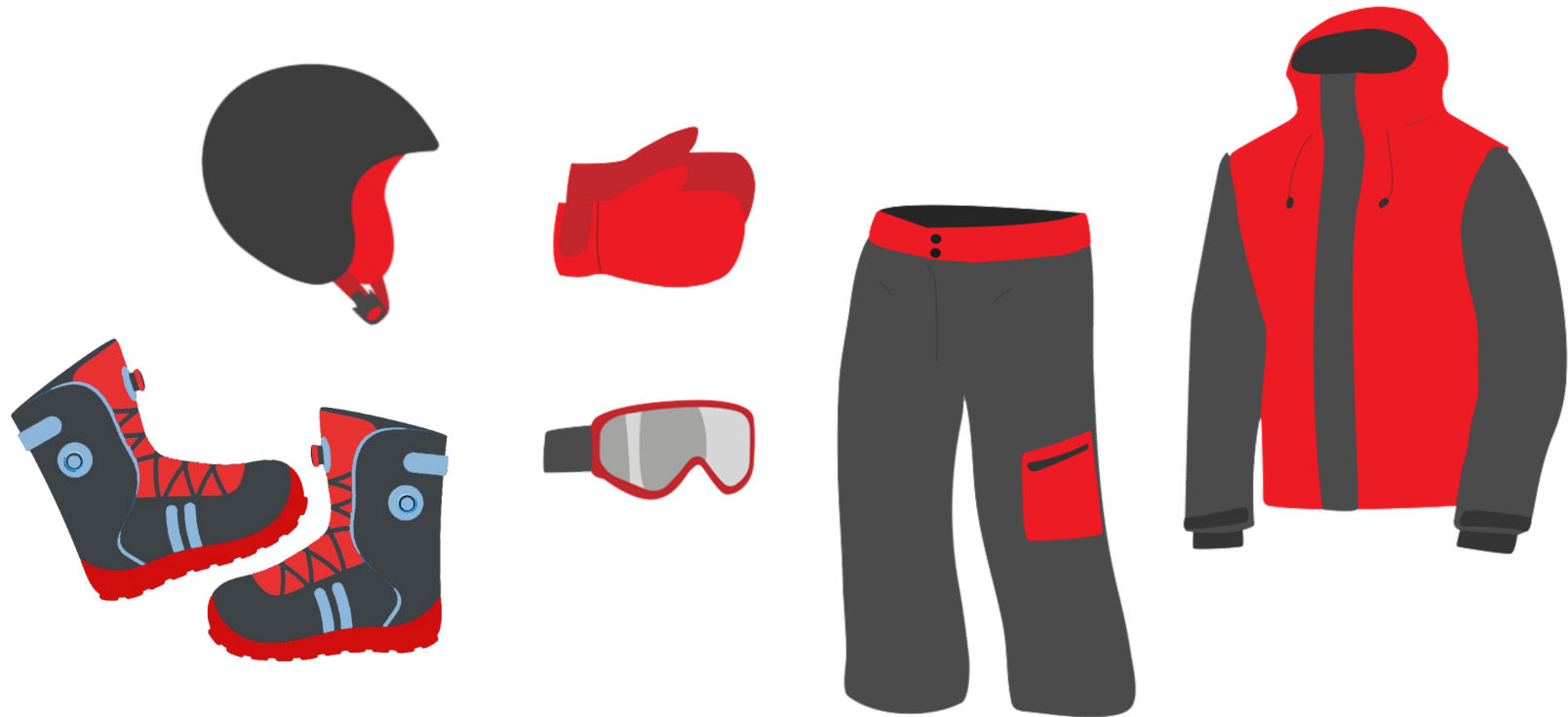


From the rental shop, I will need to get boots and a snowboard.

I will also need to get a lift ticket.

This might be a card that is around my neck or paper ticket that is stored in my pocket.





Before I go out snowboarding, I will need to make sure I have all my special snowboarding clothes on – snow pants, snow jacket, gloves, helmet, goggles and boots.

I might also get
some really cool special equipment
that will help me learn how to snowboard.

My instructors will decide what's best.





My instructors will help me to stay safe and have fun.
Their job is to help me to learn how to snowboard.
I will do my best to listen to my instructors.

Once I have all my snowboard equipment and special snowboard clothes then I will go outside and put on my snowboard.



When I have my snowboard on,
then I will learn how to move around on it.

It might take a little while to get used to it.

If it feels weird at first – that's okay.



In my lesson,
I might learn how to slide
on my board.





I might learn how to sideslip,
with my board across the hill.

This helps me to slow down and stay
in control.



I might learn how to go side to side
on my board.

So I can go around people or
things that are in front of me.



I might learn how to do a turn,
and make a c-shape in the snow.



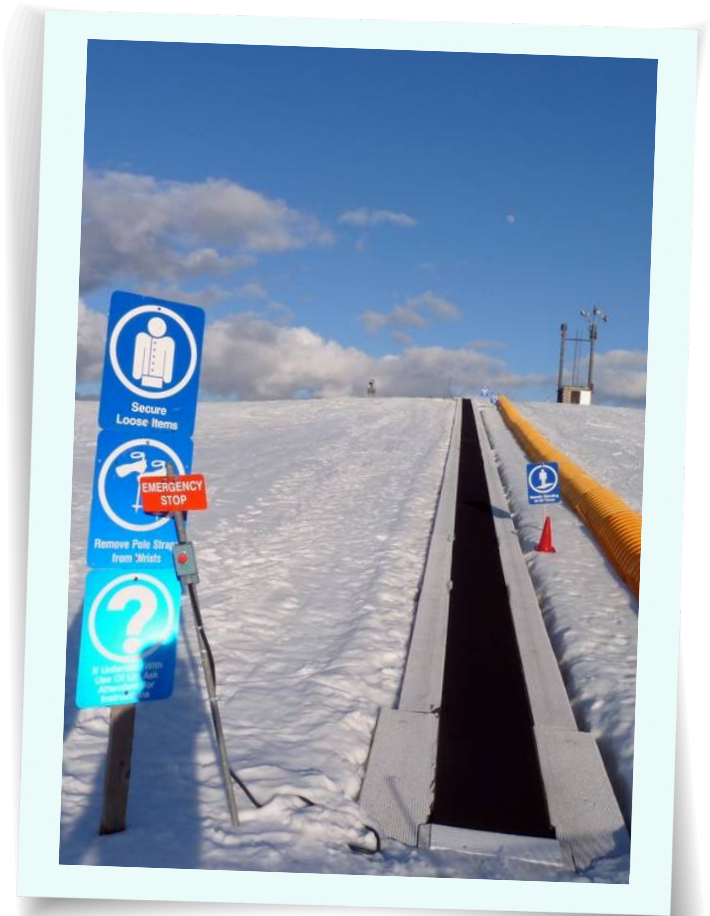


I might learn how to link my turns together and make s-shapes in the snow.



I might ride up the magic carpet.

It is a carpet that moves like a
conveyer belt and takes me up the hill.





I might ride up on the chairlift
with my instructors.

They will teach me how to stay safe
on the chairlift.





If I ever feel cold or tired or need some help,
I can just ask my instructors, and they will help me.

It's okay if I make a mistake
or I don't understand something.

And It's okay if I fall down.

These things can all happen
when I am learning something
new.





I can ask for a break at any time.

Especially if I am feeling tired or frustrated.

I can say to my instructors, "I need a break please".

Together we can make a plan to take a break.



Having a snowboard lesson at Grouse Mountain is going to be so much fun!