GETTING READY TO SKI AT WINDHAM MOUNTAIN!
is going to ski
at Windham Mountain.

Skiing is lots of fun!
We are here to help you when you arrive at the ASF Lodge.

Be sure to sign-in at the DESK,

visit the EQUIPMENT ROOM to gear up,

and relax by our warm, cozy, FIREPLACE.
The Lodge can be very busy when lunch is served.

You can go to the Quiet Room to relax, if you like.
Now, Let’s LEARN and PRACTICE SNOWBOARDING SKILLS at home BEFORE you go to Windham Mountain!
Practice **putting your boots on** and **taking them off**.
If you don’t have ski boots at home, come to Windham early and practice here!
Bend your ankles. Sometimes boots squeak when you bend and unbend your ankles.

Do yours squeak?
Walk around in your ski boots.

Do you feel like Frankenstein?
Sit on a table or a tall chair. Swing your feet in the air. How do they feel? Heavy?

This is what it's like to ride a chairlift.
Stand like a skier.
Slightly bend your ankles, knees and hips.

Put your arms up in front of you. Pretend you are holding the handlebars of a bike.

Look where you are going!
Sidestep in your boots.
Use the stairs to practice.
At Windham we have a trail called Wooly Bear that has a magic carpet.

When you stand on the magic carpet it takes you up the hill. It is important to stand still. Practice standing still.
You might go to the mall with a parent or friend to practice getting on and off an escalator. This is like getting on and off a magic carpet.

A magic carpet is just like a moving sidewalk.
Quack. Quack. Quack.
Can you walk like a duck?
Skiers call this a **herringbone**. To do this, point your toes out.

Try walking up a shallow hill.
Do you like **pizza**?
Sometimes when we ski we make **pizza pie wedges** with our skis.

Try it with your feet.
**Point your toes towards each other.**
Now try this!
Make a practice area.
Use cardboard, paper or sidewalk chalk to make a “pizza” and walk like a “duck.”
Practice Turning Your legs!
Stand on paper plates.
Put your hands on your hips.

Can you turn **ONLY** your legs?
Practice Making “S” Turns!

Skiers make turns on the hill. Take a hose, rope or sidewalk chalk and make a curvy path.

Can you walk with one foot on each side of the path?
Go Sledding!
Have fun sliding!
Go Ice Skating . . . Skating feels a lot like skiing because you are sliding.

. . . or Rollerblading!
Are you excited about going skiing?  
We can’t wait to see you at Windham!  

Skiing is lots of fun!
Learn about the Trails!
Ski trails have signs that tell you how difficult a trail is.

**Match and Color the Trail Signs!**

- Green circles mark **EASIEST** trails.
- Blue squares mark **INTERMEDIATE** trails.
- Black diamonds mark **MOST DIFFICULT** trails.

We will help choose the trail that is right for you!
Windham Mountain is fun to ski.
Sometimes you learn to ski on Wooly Bear.

See you soon!