



## Sit Ski, Ski and Snowboard Lessons

### Overview

For students needing additional assistance when a school group is taking part in a ski or snowboard lesson, RMA provides one on one tuition. Lessons may take place at Norquay, Sunshine Village, Lake Louise or Nakiska.

### Event Details

The RMA instructor will meet the student at the scheduled time and either follow the group lesson format, providing personalized instruction as needed, or offer a one on one lesson. This will be based on the individual's needs and abilities. Where possible, RMA will aim to integrate with the group lesson. A sit ski may also be provided for guests with mobility challenges. In this case, a 'joy ride' can offer the chance to join the group, or the guest may choose to learn to sit ski in the beginner area (based on age and ability).

### Requirements

**Skill Level:** Lessons may be catered to all skill levels, from beginner to expert.

**Gear:** Please make sure your guest comes equipped for all weathers. We recommend the following: ski pants & jacket, waterproof gloves/mitts, helmet, goggles, warm thermal layers, sunscreen, ski or snowboard equipment. Sit skis are provided.

**Other:** Each individual will be required to be fitted for ski boots, skis, and helmets prior to lesson time. Adaptive guest must complete health information and waiver forms.

### Availability

November - April

### Schedule

2 - 3 hours determined by school lesson time

**Location**

Sunshine Village, Norquay, Lake Louise & Nakiska

**Lesson Format**

One on one or integrated with group

**Pricing**

TBD