

# This is Sugarloaf Mountain



**First you will go to the parking lot and park the car. You'll take a bus like one of these to the Base Lodge.**



Next you go to the Base Lodge. You'll go in the door to ski school. There will probably be a lot of people inside and outside of the building. It might be noisy.





This is the entrance to ski school. There will be lots of kids and adults here too.





A Horizons Ski Buddy will meet you at ski school. They will be wearing a badge like this.



The Horizons Ski Buddy will stay with you during your entire ski lesson and help you.

Next you'll go sit on this bench where someone will help you find a pair of ski boots that fit. Your Horizons Buddy will stay with you. There will be lots of other kids and adults around.



Someone will help you get a pair of skis like these.





This little boy is looking at his skis that he will be using.



You'll also need a helmet, and someone will help you get one that fits right and feels comfortable.



We'll also get you a pair of ski goggles, which are like sunglasses. These will keep you warm while you ski. These kids both have their goggles on.





After you get your ski boots on, and you have a helmet, goggles, and skis, you can sit at one of these tables with your Horizons Ski Buddy and other kids. You'll wait until everyone is ready to go outside. There will be lots of other kids waiting to ski, so it will be a little noisy while you wait.



Next, you will go outside and someone will help you put your skis on. Your Horizons Buddy will be with you in a yellow vest and the Sugarloaf Ski Coach in a blue coat like this! There will be other kids skiing too.





If you have not skied before, you'll go on a small hill. The Sugarloaf ski coach or your Horizons Buddy may ski in front of you like this! Skiing is a lot of fun, and we'll all help you learn!





When you ski down the hill, you have to get back up the hill to do it again! You might go on the 'Moosecalator' - stand still and it will move you up the hill again. Someone will be right behind you to help.



Sometimes to go back up the hill you go on the 'moose caboose.' You sit with other kids and a snowmobile pulls you up the hill.





After you've skied down the little hill lots of times, you might take a chairlift ride to a bigger hill. This might not happen on the first day you ski. If you go on the chairlift, your AOEC person will sit right next to you.





Skiing is lots of fun and you will have lots of help to learn how to ski.





- When your ski lesson is over you will take your skis off and go back inside.
- When you are inside you can take off your ski boots, helmet and goggles.
- Your ski lesson is over!!

