

## WELCOME

The Cubs program is designed to introduce two and three year olds to alpine skiing in a positive and safe atmosphere. Instructors work one on one with each child, addressing individual needs and developmental levels. They work at each child's personal pace, taking into account cognitive, emotional and physical maturation. At this age, our ultimate goal is to create a happy winter enthusiast who can't wait for their next snow experience.

Small children require lots of time and patience with new things. Snow skiing, with its many variables, is no exception. It may take a couple of days to adjust to wearing all the gear necessary for snow sports. Once past the initial shock of learning to walk while wearing multiple layers of clothing, plastic boots, helmet, hats and goggles, it may take another several days before a child is comfortable balancing and sliding in a straight run on the snow. Here are suggestions to ease this transition and get little ones out the door with a smile on their face.



## CLOTHING



Physical needs must be met first. If a child is cold or uncomfortable, the lesson will be difficult. Dress children in layers, making it easy to change the level of warmth of the outfit. Start with a long underwear layer on both top and bottom. Next, add an insulating layer or two, depending on the weather. Turtlenecks, fleece, sweaters and vests are best. Cotton is not recommended. It doesn't insulate or wick moisture well. Add a pair of mid-weight ski socks, jacket, snow pants or a one piece suit. Be sure that sleeves are long enough to fit over mittens and pant legs long enough to fit over the top of ski boots. There's nothing worse than bare skin on a small child. Finish with a helmet or warm hat, mittens, and goggles. Neck gators are great for cold blustery days.

Consider a dress rehearsal. Put the child in his ski outfit and take a walk or play in the snow. This helps avoid the overload of stimuli that can happen on the first day. It's tough enough for a child to settle into an unfamiliar day care setting, let alone be interrupted by a ski instructor, new clothing, a gondola ride and snow!

## LESSONS

Cub lessons are scheduled throughout the day in 1.5 hour blocks. Approximately one hour of that is allotted as snow time and one half hour for travel time. Two year olds generally go out before three year olds, and morning lessons are not a guarantee. It all depends on the number of children signed up for the program.

Children begin lessons on the magic carpet slope, a small incline behind Red Pine Lodge. We ask that parents and family remain out of sight during instruction to avoid distractions or an emotional cave-in when the child spots mom and dad.

## REALISTIC EXPECTATIONS

Young children have short attention spans and small bodies that tire easily. They may need frequent rest breaks or time to simply explore a new environment. Learning may include sampling the snow, snow angels or simply talking to the instructor. Be patient.

They'll get there! It's not uncommon for children at this age to initially show no interest in sliding until they are sure they understand the medium.

Once on skis, children need time and repetition. They need to develop the fundamental skills of balance while sliding on an incline before attempting stopping or turning in a wedge. Children who develop good, solid balance and gliding skills at an early age generally progress fairly rapidly once they start turning. If we force wedging movements too early, children often end up in defensive, braking patterns that are hard to eliminate.

Cubs spend the majority of their time on the magic carpet hill. The slope is smaller and the lift is easy enough for any child to master, giving them a successful experience and sense of accomplishment. Children who master turning and stopping in both directions may ride the High Meadow chair. However, our main objective at this level and age is that the child is safe and has a good time. Patience now will create a skilled, confident skier in the future.

## REPORT CARDS

Each child will receive a summary of the lesson on a report card. Feel free to consult with the instructor or the program supervisor for a more detailed description of the lesson experience.

# CUBS CHECKLIST

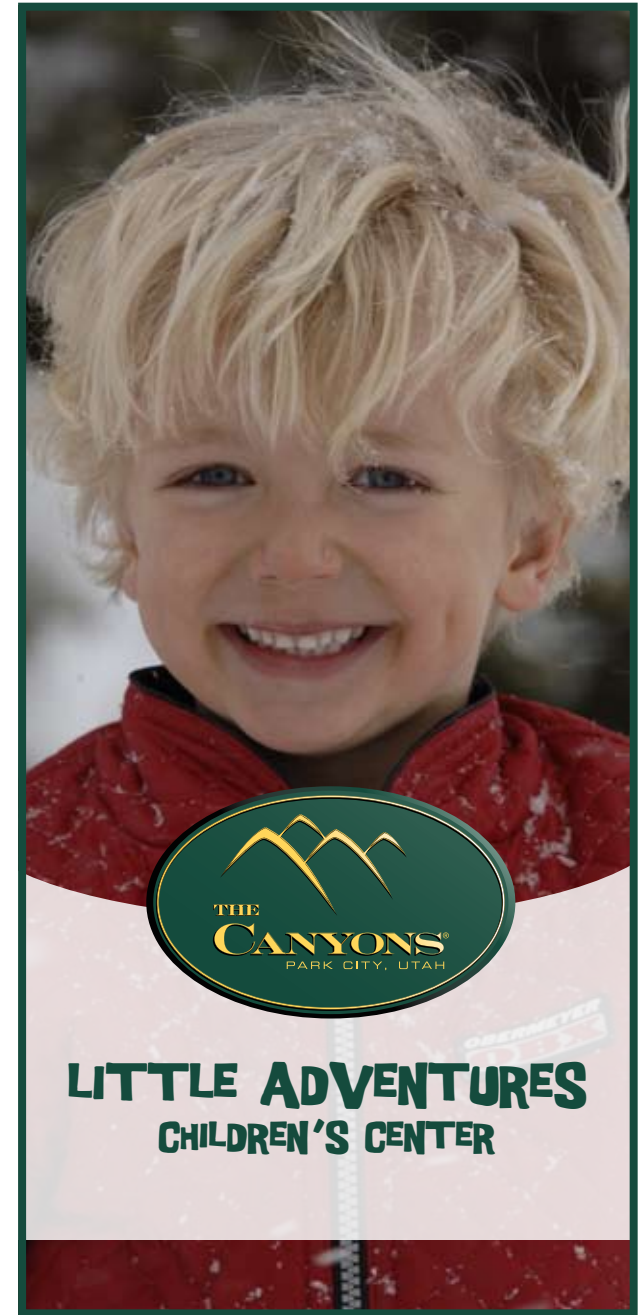
We know that getting ready for your day on the mountain can be hectic, especially when you have to get the littles ones ready, too! We have provided you with a check list of clothing and equipment your child will need for the Canyons Cubs program.

- Skis-** Obviously!
- Ski Boots-** We know you won't forget these either, but...
- Helmet-** Strongly advised. Your child's safety is #1. Wearing a helmet can greatly reduce the possibilities of head injury if your child falls. If you don't have one, visit Canyon Mountain Sports.
- Hat-** You can lose 50% of your heat through an uncovered head! Bring a hat for your child! Even if your child wears a helmet skiing, pack a hat for the rest of the day!
- Neck Gator-** A "neck gator" is an excellent piece of clothing that keeps cold air from getting on your neck, and is less cumbersome than a scarf.
- Gloves-** Keep those fingers covered to avoid frostbite.
- Layers-** 2-3 medium weight layers are usually warmer than one bulky garment. Air trapped between layers insulates. Layers also help wick sweat away to keep you warm and dry.
- Jacket-** A waterproof outer layer will keep your inner layers dry to keep your child warm and cozy, even on the coldest of days.
- Snow Pants-** Waterproof pants is vital, since your child will be spending a lot of time outside in the snow!
- Snow Boots-** When we aren't skiing, we may be enjoying the nice weather making snowmen or sledding.
- Goggles-** Even if it isn't snowing or supposed to snow, goggles are the best eye protection your child can wear.
- Sunscreen-** We are close to the sun at 8000 feet! Even if the sun isn't out, your child can get severely sunburned without protection.
- Sunglasses-**When we aren't skiing, we still spend a lot of time outside- protect your child's eyes with good UV sunglasses!

If your child is on a special diet or has extreme allergies, please provide the needed food supplies. Send whatever else you think your child will need to feel comfortable!



Little Adventures Children's Center  
Canyons Cubs  
M-F 8am-5pm, MST  
435-615-8036  
[www.thecanyons.com](http://www.thecanyons.com)



## CANYON CUBS

The Canyons Grand Summit Hotel  
435-615-8036 | [www.thecanyons.com](http://www.thecanyons.com)