

ELDORA

MOUNTAIN RESORT

ABILITY LEVELS

X-Country - Classic or Skate

Each participant will be placed in a class according to her ability level. Please read through the following level descriptions carefully and be sure you have chosen the color that describes your abilities AT THIS TIME, not what you would LIKE to work towards. The color listed is the flag you will stand in front of at 9:30am on the first day of your session.

<u>Color</u>	<u>Description</u>
Red	First time on Nordic skis. Has <i>never</i> Nordic skied before.
Yellow	You are able to comfortably ski flat, easiest terrain.
Green	You are able to comfortably ski flat and rolling green terrain, but find steeper hills challenging.
Blue	You are able to comfortably ski most blue and some steeper terrain.
Black	You are able to confidently ski all terrain.