

Progression Session:

Progrsh offers multiple open-gym sessions daily, available to athletes of all abilities, ages 8 and up. Progression sessions allow riders the freedom to design their own training plan, as Progrsh staff provides advice, encouragement and expert spotting.

All participants must attend a Progression intro Class before attending a drop-in session.

During drop-in sessions, our certified coaches routinely lead free instructional clinics that teach basic skills and methods.

Progrsh also hosts regularly scheduled specialty drop-in events, with fun themes such as; retro night, locals night, movie night, dance party, haunted house, girls night, teen night, adult night and more.

**Helmets are required by all participants*

Progression Session Drop-In RATES:

- Two Hour progression sessions are priced at \$35
- Two hour Progression introductory sessions are priced at \$55

Progression session Rentals:

- Ski and snowboard rentals are priced at \$15 for a two hour session
- Helmet rentals are priced at \$3 for a two hour session
- Special demo ski and snowboard rentals are also available