

Progrish Ski Camps

From beginner skiers to park veterans, the Progrish Ski Camp has a program for you.

Progrish offers week long summer camps, as well as year-round day camps anytime schools are not in session (excluding major holidays). Our camp packages are available for ages 6 and up, and feature the latest in training equipment and freeski instructional techniques. The camps maintain a low coach-to-camper ratio ensuring high levels of safety, positive feedback and rapid skill progression. Sign up now to lock in your spot.

Activities:

Although campers will spend the majority of the time focused on improving their skiing skills, many other activities help ensure each camp day is fun and exciting.

- **Field Trips:** Campers take regularly scheduled field trips to local skate parks, pools, natural open spaces and other sports/fitness related destinations. Our prime location allows many field trip options within 20 minutes, which keeps time spent in the bus to a minimum. Campers will also enjoy specialized programs at Rockin and Jamin Climbing Gym, Extreme Challenge, Danceteck and Mid Air Adventures, who are housed in the same building as Progrish.
- **Graphic Design:** Each summer camp package includes the opportunity to create and design custom graphics on either a skateboard or t-shirt. Other options include: custom stickers, hats, hoodies, etc.
- **Digital media:** Each camper will receive valuable experience and instruction with many forms of digital media, including: Digital video, photography, and editing. Summer campers will take home photos and a one of a kind video, documenting their Progrish experience. Throughout the camp week, coaches will use digital images and video of each camper to aid in the training process.
- **Camp Room:** Our camp room is stocked with challenging and entertaining activities, including ping pong, foosball, shuffle board, art supplies and board games, as well as a giant TV with an extensive action sport video library.

Typical daily camp schedule:

8:00 - 9:00: Arrive at Progrish and prepare for the day's activities. Campers can eat breakfast in the dining room or enjoy games and videos in the camp room.

9:00 - 9:30: Warm up in the cross training area. Progrish coaches lead an exciting warm up session, utilizing our spring floor, trampolines, mats, bars, airbag and balance boards.

9:30 - 11:30: Powderpak (synthetic snow) instruction. Campers practice snowboard skills with expert guidance from their coaches. Groups rotate between our various freeski features, including: multiple rail/jib lines, quarter pipes, big air jumps with airbag landing and a simulated cliff drop with airbag landing.

11:30 - 12:30: Eat lunch and relax. Meals can be brought from home or purchased from the Progrish

12:30 - 2:30: Field trip. Either a short bus ride or walk next door.

2:30 - 3:30: Flex time. Campers choose how they want to finish their day. Whether its ping pong in the camp room, skating or putting on their skis again, Progrish coaches will be present for advice and encouragement.

4:00: Parent pick-up
