



Youth Classes and Private Training Sessions

**Ski - Snowboard - Skate - Scooter - BMX/MTB - Tumbling - Parkour
Slacklining - Fitness - Video Production**

Youth Classes are **designed specifically** for children and young adults. Classes run for 6 consecutive weeks, allowing for strategic skill progression. Our **industry-leading coaches** focus on making every class **fun and exciting** while motivating each student to **strive for their personal best**. Private training sessions are also available for individuals and groups.

Snowboard Class (Preschool)

The Facts:

- Ages 4-6 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 5 Instructor to student ratio
- Comfortable viewing areas
- Helmets required
- \$150 for 6-week session (free for Members)

Our preschool snowboard classes are a great way to introduce young children to the amazing sport of snowboarding. Our certified instructors teach basic snowboard skills on a "synthetic snow" learning slope with floor and walls that are foam-padded. Children practice their stopping skills, skidded turns, safe falling techniques and first freestyle moves, as they negotiate over and around specialized, age-appropriate, obstacles. Our curriculum emphasizes the importance of riding switch stance, and learning to master the Ollie and Nollie at a very young age. The ProgresH staff is focused on providing a fun and challenging experience that builds the confidence and basic skills necessary to make snowboarding a safe and fulfilling lifelong enthusiasm.

Snowboard Class (School age)

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Helmets required
- \$150 for 6 week session (free for Members)

Our School age snowboard classes are designed to take every rider to the next level. Instructors utilize all areas of the facility to create an exciting and unique class that builds both physical and mental riding skills. Students learn the importance of making safe decisions, and gain the essential tools helpful in evaluating their own ability level. Coaches work with each student individually to identify strengths and weaknesses in their riding style, with the goal of creating fundamentally strong, well rounded snowboarders. Our curriculum focuses on strategic skill progression, and includes lessons in turning, stopping, Ollies, spins, grabs, rails, jibs, jumping/landing techniques and riding switch stance. Students are also introduced to various cross-training methods and taught how strength, balance, flexibility and fitness relate to snowboard ability and overall wellness. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.



Ski Class (Preschool)

The Facts:

- Ages 3-6 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 5 Instructor to student ratio
- Comfortable viewing areas
- Helmets required
- \$150 for 6 week session (free for Members)

Our pre-school ski classes are specially designed to be fun, safe, and nurturing for young children who are ready to enjoy the exciting sport of skiing. Our certified instructors teach basic skiing techniques on a "synthetic snow" learning slope with a foam padded floor and walls. Children practice their stopping skills, skidded turns, safe falling techniques and first freestyle moves, as they negotiate over and around specialized age appropriate obstacles. Our curriculum combines basic freestyle skill practice with similar tumbling maneuvers to achieve maximum results and a solid understanding of sound fundamentals. The ProgresH staff is focused on providing a fun and challenging experience that builds the confidence and skills necessary to make skiing a safe and rewarding lifelong habit.

Ski Class (School age)

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Helmets required
- \$150 for 6 week session (free for Members)

Our school age ski classes are specifically designed to challenge young freestyle skiers looking to perfect their tricks and add new ones to their arsenal. Instructors utilize all areas of the facility to create an exciting and unique class that builds both physical and mental riding skills. Students learn the importance of making safe decisions, and gain the essential tools helpful in evaluating their own ability level. Coaches work with each student individually to identify strengths and weaknesses in their skiing style, with the goal of creating fundamentally strong, well rounded skiers. Our curriculum focuses on structured learning through creative drills that increase skill progression and includes lessons in spinning, jumping/landing techniques, grabs, rails, jibs and skiing switch. Students are also introduced to various cross-training methods and taught how strength, balance, flexibility and fitness relate to skiing ability and overall wellness. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Scooter Class

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Helmet and pads required
- \$125 for 6 week session (free for Members)

Our scooter classes are designed for athletes who are interested in taking their riding to the next level, quickly and safely. ProgresH offers several unique features built around the first indoor action sport airbag in the United States, including a Skatelite mega ramp with multiple drop-in platforms. Perfecting old tricks and learning new ones can be fun and easy with the help of our accomplished staff of expert scooter riders. Our curriculum focuses on strategic skill progression, and includes lessons in riding transitions, ledges, rails, hips, drops and flatground tricks. Students are also introduced to various cross-training methods and taught how balance, flexibility, and fitness relate to riding ability and overall



wellness. This low-pressure, laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

BMX/MTB Class

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Helmet and pads required
- \$125 for 6 week session (free for Members)

Our BMX and mountain bike classes are designed for students who wish to improve their riding ability while adding more technical jumps and other freestyle maneuvers to their arsenal. Progresh offers a Skatelite mega ramp and an 8 foot drop into the first indoor action sport airbag in the United States. Our curriculum focuses on strategic skill progression, and includes lessons in riding transitions, jumps, ledges, hips, drops and flatland tricks. Our experienced bike coaches train riders of all abilities and strive toward a safe, fun, and positive class experience. Students are also introduced to various cross-training methods and taught how balance, flexibility, and fitness relate to riding ability and overall wellness. This low-pressure, laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Skateboard Class

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Helmet and pads required
- \$125 for 6 week session (free for Members)

Our skateboard classes are designed for skaters who are interested in taking their riding to the next level, quickly and safely. Progresh offers several unique features built around the first indoor action sport airbag in the United States, including a Skatelite mega ramp with multiple drop-in platforms. Perfecting old tricks and learning new ones can be fun and easy with the help of our accomplished staff of expert skaters. Our curriculum focuses on strategic skill progression, and includes lessons in riding transitions, ledges, rails, hips, drops and flatground tricks. Students are also introduced to various cross-training methods and taught how balance, flexibility, and fitness relate to skating ability and overall wellness. This low-pressure, laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Tumbling and Trampoline Class (Preschool)

The Facts:

- Ages 3-6 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 5 Instructor to student ratio
- Comfortable viewing areas
- \$125 for 6 week session (free for Members)

Our pre-school tumbling and trampoline classes emphasize fitness by building strength, flexibility, balance and coordination. Personal development is another goal as children gain self-confidence and self-esteem through their mastery of skills. Safety is a primary concern as our low student teacher ratios permit individualized attention and the development of each child's "personal best". Our expert instructors teach basic tumbling skills on the spring floor, trampolines and airbag while utilizing various mats, bars and balance trainers. A creative variety of themes and activities keep class fun and stimulating, as children gain experience in following directions and turn taking.



Tumbling and Trampoline Class (School age)

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Comfortable viewing areas
- \$125 for 6 week session (free for Members)

Our young adult tumbling and trampoline classes are designed for students with varied experience, aspirations and personal goals. We offer classes that accommodate those interested in action sport cross-training as well as students that wish only to perfect their tumbling skills and learn more. Our expert instructors teach beginner through advanced tumbling maneuvers on the spring floor, trampolines and airbag while utilizing various mats, bars, harnesses and balance trainers. This class is ideal for both boys and girls that want to increase flexibility, coordination and upper/ lower body strength. Skills such as handstands, cartwheels, roundoffs, limbers, walkovers, handsprings, twists and flips are all taught in a safe fun and positive environment. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.

Parkour Class

The Facts:

- Ages 7-17 years old (classes separated by age and skill level)
- 1 hour class time
- 1 to 7 Instructor to student ratio
- Comfortable viewing areas
- \$125 for 6 week session (free for Members)

We offer school age parkour classes for students of every ability level that emphasize functional strength, physical conditioning, precise movements, spatial awareness and looking beyond the traditional use of objects. Parkour encompasses climbing, jumping, vaulting, acrobatics and other methods using efficiency and speed to move through an exhilarating obstacle course environment. With our Olympic grade trampolines, stunt airbag, spring floor, mats, bars, rings, ledges and various climbing features, participants can train to become true ninja warriors. Our Parkour program discourages reckless behavior and dangerous stunts, instead focusing on safety, longevity, personal responsibility and self-improvement. This low-pressure laid back class provides the perfect environment for developing lasting friendships with others who share common goals and interests.