



# TYPES OF WINTER LESSONS

We offer a variety of lessons, as outlined below. Please see the [Program Schedule](#) for dates, times, and prices. You may request an instructor. We will do our best to accommodate these preferences, but we cannot guarantee them.

Please call 435.649.3991 x623 if you have any questions about the ski program.  
If you have questions about registering for lessons, please call 435.649.3991 x609.

## Session Lessons

Session students will take one, two-hour, private lesson per week, for 3 or 5 consecutive weeks. Sessions are offered three times per season.

Session lessons include:

- Ski / Snowboard Rental (skis, boots, poles, board)
- Adaptive equipment (if needed)
- All-day lift pass
- One buddy pass / lesson (see buddy pass policy)

\*If you miss a session lesson, a make-up can be scheduled for \$20. Rentals are not included in make-up lessons.

## Individual Lessons (Park City Mountain Resort)

Individual lessons are offered every day of the season. Full-day or two-hour lesson options are available. These lessons are great for out-of-town guests interested in multiple days, session students on out-of-session dates, or anyone interested in taking a single lesson.

Two-hour lessons are offered three times per day at 9am, 11:45am and 2pm.

Full-day lessons include a six-hour lesson (lunch included), offered at Park City Mountain Resort ONLY. Student MUST be able to ski for six hours and be at least 7 years old. These lessons run from 9:00am – 4:00pm.

Individual Full-day lessons include:

- Adaptive equipment (if needed)
- Full day lift pass
- One buddy pass / lesson (see buddy pass policy)
- Lunch

You are Responsible for:

- Alpine / Snowboard equipment

Individual Lesson, two-hour lessons include:

- Adaptive equipment (if needed)
- All-day lift pass
- One buddy pass per lesson (see buddy pass policy)

You are responsible for:

- Ski / Snowboard Equipment (skis, boots, poles, board)

## Individual Lessons (Deer Valley and The Canyons)

A limited amount of lessons are available at Deer Valley and The Canyons. Half-day lessons are offered twice-a-day at 9am and 1pm. Full-day lessons begin at 9am and end at 4pm. Deer Valley is a ski only resort. If adaptive equipment is required, the first lesson must be at Park City Mountain Resort for proper assessment and fitting.

Off-Site Lessons Include:

- Adaptive equipment (if needed)

You are responsible for:

- Lift Pass (Discounts available for skiers with disabilities)
- Ski / snowboard equipment

## Guide Services: VI & Buddy Guides

VI Guide for those with Visual Impairments. Buddy Guide for any other skier/rider with disability needing assistance. No instruction or rentals included. Student must know how to ski/ride with minimal assistance. We offer guides services at Park City Mountain Resort, Deer Valley and Canyons. Half day or full day options are available. Visit our [Program Schedule](#) page for more details on dates and times.

## POLICIES & MEMBERSHIP

For more information regarding our policies including cancellation policies, please download and read our [Participant Packet](#) and/or our [Participant Handbook](#).

CANCELLATION: As follows:

- More than a week notice – full refund minus \$10 fee
- Less than a week notice – 50% refund
- Less than 24 hours notice – no refund

MEMBERSHIP: All students must be current members of the National Ability Center. An individual, annual membership may be purchased for \$20 at the time of registration. If more than one person in a family has a disability and will be participating in programs, a family, annual membership may be purchased for \$30 at the time of registration. Membership application is available here (PDF).

BUDDY PASS: All skiers with disabilities may receive one, complimentary buddy pass for an appropriate assistant. The assistant MUST ski WITH the skier with a disability. Students of NAC lessons may receive one buddy pass for a friend or family member to join the lesson. The friend or family member MUST ski WITH the lesson.