

TOMPKINS CORTLAND COMMUNITY COLLEGE (TC3)

To register for the TC3 Early Spring Course FITN 109 Downhill Skiing or Snowboarding, you will need to go to the following site:

<https://sales.greekpeak.net>

TC3

TC3 students can take a downhill skiing or snowboarding course at Greek Peak Mountain Resort or take a class to become an instructor and receive college credit. Greek Peak offers instructional programs to students of all ability levels, beginner through expert. You'll have fun while learning or improving your skills and earn FITN credit through TC3 at a great savings.

FITN 109 Downhill Skiing and Snowboarding

Course Description:

Greek Peak offers five levels of ski and snowboard instruction based on ability level:

Never Ever (Level 1)- this level is for those who have never tried skiing or snowboarding

Beginner (Level 2)- this level is for those who have skied or snowboarded before, are able to get on and off a chairlift and are comfortable on green circle (easy) trails

Intermediate (Level 3)- this level is for those who can link turns but still moderate speed and are comfortable with blue square (intermediate) trails

Advanced/Expert (Level 4/5)- this level is for those that ski/board with good technique on all terrain and snow conditions and are able to ski/ride black diamond trails with confidence using carved turns.

Expert/Instructor Development (Level 5)- this course is for advanced level skiers and snowboarders interested in teaching skiing or snowboarding. Ski & Ride School policies and procedures, progressions in learning, and teaching skills are some of the areas that will be covered.

Please select the class that best fits your ability level.

If you have any questions regarding the class, please contact the Course Instructor Roger Zilliox at rzilliox@greekpeakmtnresort.com

The FITN 109 Downhill Skiing and Snowboarding course runs for six (6) consecutive weeks on Monday evenings at Greek Peak starting 1/28/2019 and ending 3/4/2019. The course includes a 5 hour pass, 1 ¾ hour lesson, and rentals if needed. It is important that your schedule permits attendance on this night throughout the season. Transportation will be provided. A TC3 van will depart from the campus at 3pm and will depart from Greek Peak by 9:30pm. The exact location for pickup and drop off will be communicated upon registration.

How the Course Works:

When you arrive at Greek Peak, you will be met by a Greek Peak representative in the Main Ticketing Area of the Katalima Building. All students will receive their College PE Photo ID card at their first class/session. This card **must be worn on your jacket for every class** as this serves as your lift ticket/rental pass.

Participants' passes are valid: Mondays 4:00 – 9:00 pm.

The lesson meeting spot is located next to the Alpha Slope (Beginner's Chair Lift). When exiting the rental building, proceed directly across the metal bridge. Please be there 10 minutes early.

The lesson times are as follows:

- Beginner Lessons are 4:30pm

- Intermediate and Advanced Lessons are 6:30pm

Course Registration:

Students must register with TC3's Health, Fitness, Lifetime Sports & Recreation Education Dept. and also with Greek Peak.

To register with Greek Peak, go to: <https://sales.greekpeak.net> If you have any questions regarding the registration process, please contact Mary Gerlach at mgerlach@greekpeakmtnresort.com

Course Fees and Payment:

This course is paid through the TC3 Bursar's Office. The cost for the class is \$261.

Rental equipment (ski, poles & boots or a snowboard and boots) is available upon registering with Greek Peak. The cost for equipment is \$88. A helmet can also be rented for a cost of \$42.

Make Up Lessons:

A make up lesson may not be completed on your scheduled lesson day and must be completed no later than the last day of your college's program as listed below.

NOTE: Make-up lessons can be attended before or after a missed lesson. Bus transportation is not provided to attend make up lessons.

During the fifth week of the course there will be three dates available to makeup a missed lesson as follows:

- Fridays (All Levels) 6:30 pm Feb 22nd and March 1st
- Saturdays (All Levels) 3:30 pm Feb 23rd and March 2nd
- Sundays (All Levels) 1:30 pm Feb 24th and March 3rd

Make up Lesson Procedure:

You will need to provide your own transportation to come for a makeup lesson. Upon arrival at Greek Peak, go to the main Ticket Window in the Katalima building to sign in and pick up your lift ticket. You must present your Greek Peak College PE photo ID pass to pick up your lift ticket. If you are renting equipment, your photo ID pass will be scanned as if you came on your regularly scheduled day. Then, proceed to the Lesson Meeting Spot and explain that you need to take a make up lesson. The instructor will give you a card to fill in with your name, College, Student ID # and Date. Be sure the card has been returned to the Instructor to receive credit for your make up lesson.

Clothing:

Be sure to dress warmly. Outer clothing should be windproof and waterproof. It is better to over dress and shed additional layers than to lack the appropriate clothing.

Student Responsibility:

Except for extenuating circumstances requiring college advisor's approval, the following must be achieved in order to receive college credit and a passing grade:

- Attend at least one of the first two scheduled lessons.
- Attend a total of five 5 hour sessions

Course Fee Reduction Policy

It is the policy of Greek Peak Mountain Resort that no reduction of course fees will be given for withdrawals from the course which occur after your college's DROP deadline.

A consideration will be given for medical conditions/occurrences that prevent an enrollee from participating in or completing their ski/snowboard program. The consideration is as follows:

- Anyone seeking a course fee reduction must send a request, including medical documentation of illness/injury (physician's statement or hospital report, containing diagnosis and treatment), to Mary Gerlach: mgerlach@greekpeakmtnresort.com immediately after the incident and prior to the next scheduled class. Your photo ID pass must be turned in to Roger Zilliox prior to the next scheduled class session.
- The reduced fee (amount charged) will be a prorated portion of course fees (lesson and rental fees) based on the number of required program classes remaining after the occurrence date of the medical condition preventing participation, less a \$10 processing fee.
- The full course fee will be charged if withdrawal occurs after completion of a 5th lesson