

## Hit the Slopes on a Ski Vacation

If your family would like to go skiing on your next vacation, but you don't already know how to ski, go ahead and plan that ski vacation anyway! You can learn how to ski, and you will have a fun time doing it. You don't even need to know the basics about skiing before you arrive at the resort # all of the knowledge you will need is there waiting for you, and you can literally be skiing down a mountain after a quick one-hour lesson.

Learning to ski is really very easy. Most resorts have ski lessons on the premises, and lessons are reasonably priced. Group and private lessons are usually offered. Nevertheless, it is a good idea to schedule an appointment before you arrive at the resort. Doing so will ensure that you can start learning to ski the very first hour of your vacation.

Most ski instructors start by demonstrating how to maneuver around with your equipment. When you are wearing ski boots, you will be inclined slightly forward # there is a reason for this, because when you are skiing down a mountain, you will be inclined forward! Walking in ski boots the first time is a bit tricky, but it works just fine if you learn to walk with your knees slightly bent.

The first maneuver you will learn is known as the plow, or snow plow. This is a technique that is done by pushing your skis into the shape of a snow plow. You force the back of the skis slowing move outwards, away from your body by applying pressure, and this motion slows you to a stop. You guide yourself on skis by bending your knees and leaning in one direction or another, depending on the direction you want to go. All of these techniques can be learned in one hour, even if you have never been on a pair of skis before.

The beauty of skiing is that after you have learned how to snow plow, and how to guide yourself on the skis, you are all set to ski! Get on the lift, head up the mountain, and give it a go. Control your speed by snow plowing and just go slow at first. When you want to pick up some speed, draw your skis closer to your body to pick up a little speed, then push them back out into the plow position to maintain that speed.

When you're starting out, you should stick to the trails that are designed for beginners. At most resorts, these trails are designated with a green emblem. Blue trails are for intermediate skiers, and after one day of skiing the beginner trails, you may be geared up for those trails. The trails with black symbols are for experts. These trails can be dangerous for people who don't have the sufficient skill to handle them! Avoid black trails until you have had an ample amount of ski instruction and experience. You should know when you are ready!