



Learn to Ride Kid's Centre

**It will change your life for the better. Learn to ride!
Follow these 3 easy steps and you'll be linking turns in no time.**

Step 1: The best way to learn to ride

Lessons! It's all about good instruction and good equipment. With the right guidance, learning to snowboard is really easy. Current instruction methods are super effective and you can be linking turns your first day out!

Step 2: Burton's LTR Program:

The LTR program was developed by Burton and snowboard instructors worldwide to make learning to ride easy and fun. Burton developed boards, boots and bindings specifically for learning. They have spent a lot of time working with instructors and resorts to create an ideal environment for learning to ride. The result is the Method Centre.

Step 3: Finding a Method Centre

For younger riders we have the Kids' Method Centre dedicated to providing a great snowboarding experience for kids 12 and under. Mount Washington has joined this program in 2004.

Dress The Part

There is no shame in padding up. Knee pads, helmets, padded shorts and wrist guards will protect you from inevitable falls on your first day. R.E.D. offers the latest helmets and body protection for both beginners and advanced riders. During your first days on a snowboard, you're going to spend a lot of time sitting on snow. So don't show up to your lesson in jeans, a lightweight jacket and knitted mittens. Don't skimp on your gloves, your fingers will thank you later. Gloves are the snowboarder's poles so get a pair with a tough palm that are waterproof and breathable. First Layer pieces are made with advanced layering materials designed to suck sweat off the skin and keep you dry. Second layers of fleece or wool are full of insulating materials that breathe moisture out and keep warmth in. Throw on a jacket and pants made from the best in waterproof, breathable and moveable material and you're ready to ride all day, whatever the weather gods throw at you.

<http://www.burton.com/ca/learntoride/default.asp?cat=kids>