



**Instructor: Sonny Jay, Shames Mountain  
MMC Level 2 Instructor (PSIC)**

A long-time Shames skier, Sonny brings years of experience and a focus on efficient movement, body alignment, and skill development.

- **3 GUIDED SESSIONS X 4 HOURS EACH**
- **SMALL GROUP FORMAT**
- **MORE SKIING, LESS WAITING**
- **PERSONALIZED GUIDANCE BASED ON YOUR GOALS**

# Adult Guided Ski

For Adult skiers who are comfortable on all Blue runs and confident using the T-bar lift. Participants should be parallel skiers ready to improve skills, flow, and confidence.

**\$160  
Per Person**