



"The first day it was pretty hard, but you kept helping us until we got it!"

HAWKINS STREET SCHOOL

FIRST TRACKS



First Tracks is a multi-session and recurring-year winter program, focused on skill acquisition and building healthy lifestyles for youth ages 6 to 18. Alongside the introduction to (and ultimate mastery of) alpine skiing, Nordic/cross country skiing, or snowboarding, kids are developing healthy lifestyles. Through equitable access, inclusive environments, nutritious meals, collaborative learning, and values-driven programming, we are shaping a generation of youth, both on and off the snow. Participants emerge changed in ways that positively affect their lives including increased school attendance, better health, and improved behaviors.

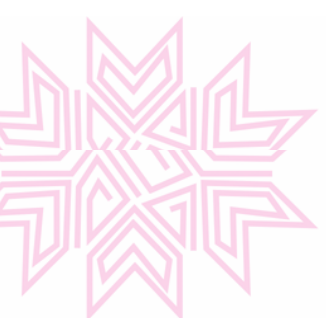
Winter4Kids.org
44 Breakneck Road
Vernon, NJ 07462
973.846.8250

OUR VISION

We envision a world where all youth, regardless of their background, can discover their strength, build resilience, and rise to their fullest potential through the power of outdoor winter experiences.



THE NEED



Outdoor education has proven to be a transformative tool for youth development—particularly for children from underserved communities. A growing body of research indicates that nature-based programming enhances physical and mental health, fosters academic and social growth, and promotes long-term environmental stewardship. For organizations like Winter4Kids, whose mission centers on access and equity in outdoor sports and learning, these findings affirm the value and urgency of expanding such opportunities.

THE OUTCOME

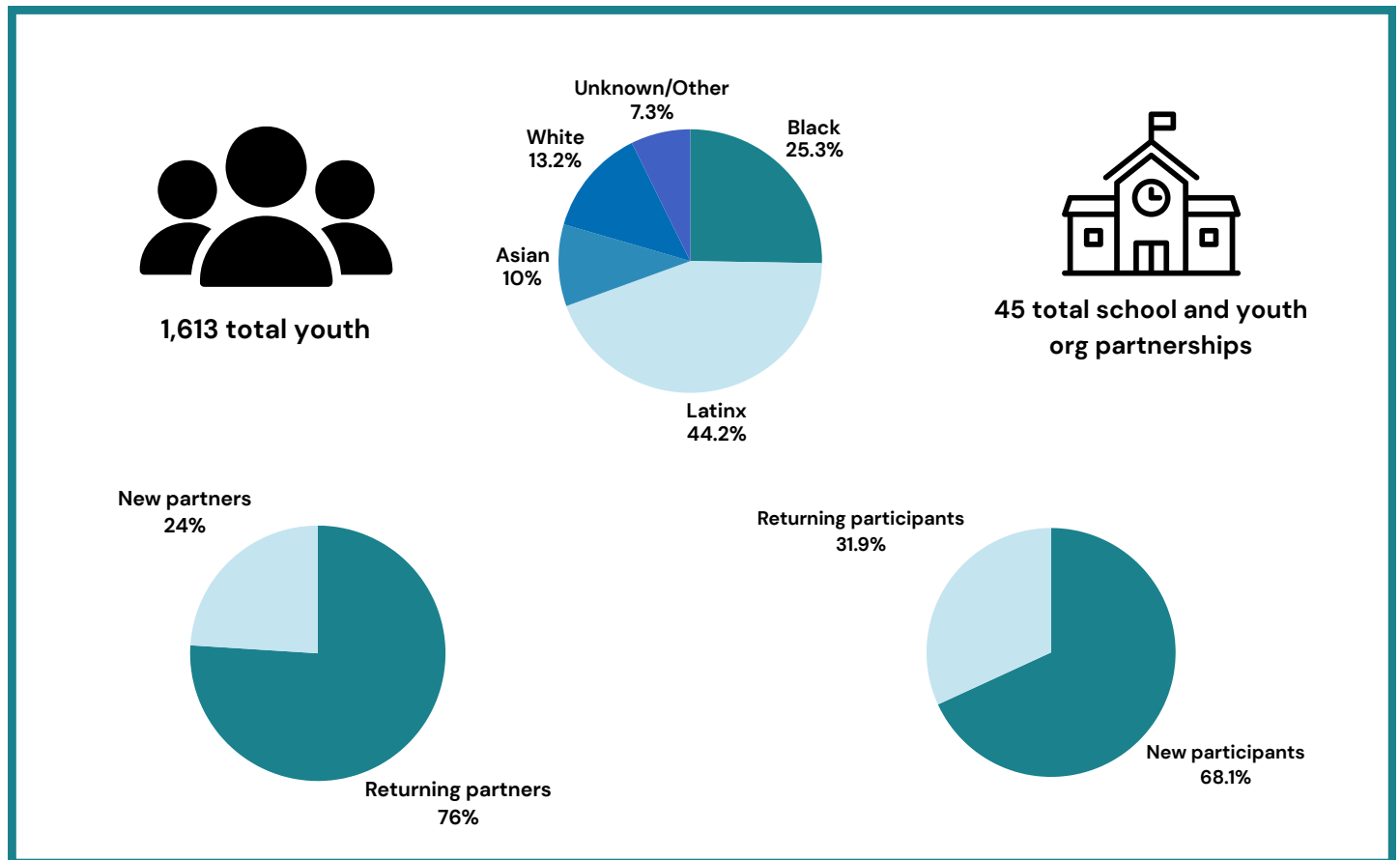


Our participants are coached to reach their personal ski, snowboard, or cross-country goals. Success includes embracing the mantra: **falling leads to rising, trying something new leads to believing in yourself, and the power of possibility is within your grasp.**

Winter4Kids participants believe in themselves, lift one another up, and carry their lessons far beyond the snow.

WINTER 2025 BY-THE-NUMBERS

Winter4Kids primarily supports families often experiencing scarcity in their financial resources, access to shelter or food, exposure to activities outside their neighborhoods, and/or positive role models.



WINTER 2025 SUCCESSES

- Improved physical health
- Enriched attitudes toward nutrition, self-esteem and cross-cultural interactions
- Improved school attendance
- Affinity for the outdoors -> lifelong winter activity enthusiasts
- Skill mastery (nordic, alpine, and snowboard)
- Increased self-regulation and positive behavioral choices



RISE APPROACH AND BELIEFS

Rising Up is the foundation for Winter4Kids' programmatic approach and essential activities. Rooted in the belief that through teaching and exposure, youth can adopt tools that build healthy views of themselves and the world, our teaching pillars include:

R – RESILIENCE



Fall down, Rise up.

We help kids push through discomfort, frustration, and fear, developing self-regulation. Whether they're strapping into a snowboard for the first time or navigating real-life challenges, we teach them how to get back up, stronger every time.

I – INCLUSIVITY



Belonging starts here.

We intentionally design programming where every participant, regardless of identity, background, or ability, feels welcome, valued, and safe; achieving a sense of belonging. Our environment celebrates diversity and ensures all youth have equal access to activities, opportunity, and growth.

S – SUPPORTIVE



Growth happens together

Over 10 years of coaching youth, we have seen that being part of a community fosters growth. Support is more than encouragement, it's collaboration. We create a culture where kids work together, lean on each other, and build strong relationships with peers and mentors. Every kid is surrounded by people who believe in them and lift them up.

E – EMPOWERMENT



Find your Strength.

Empowerment is not just about mastering skills, it's about understanding yourself and others. We help youth build self-awareness and empathy, so they gain confidence not only in what they can do, but in how they connect with the world around them.



"Our program benefits include improved health, mastering new physical activities, better nutrition, and positive attitudes about the outdoors and their futures."

- SCHONE MALLIET, CEO

WINTER 2026 SCHEDULE

- Gear is provided (helmet, skis, snowboard, boots, outdoor clothing, etc.).
- First Time participants: receive two sessions, of each discipline: alpine skiing, snowboarding, and cross country/nordic.
- Returning or experienced participants: may choose a singular discipline if they would like.

Full Day Option | 9am–4pm

Pick one bundle of dates

Saturday	Tuesday	Wednesday	Thursday
1/3, 1/10, 1/17	1/6, 1/13, 1/20	1/7, 1/14, 1/21	1/8, 1/15, 1/22
1/24, 1/31, 2/7	1/27, 2/3, 2/10	1/28, 2/4, 2/11	1/29, 2/5, 2/12
2/14, 2/21, 2/28	2/17, 2/24, 3/3	2/18, 2/25, 3/4	2/19, 2/26, 3/5
3/7, 3/14, 3/21	3/10, 3/17, 3/24	3/11, 3/18, 3/25	3/12, 3/19, 3/26

Half Day Option | 4:30pm–8:30pm

Pick one bundle of dates

Tuesday	Wednesday	Thursday
1/6, 1/13, 1/20 1/27, 2/3, 2/10	1/7, 1/14, 1/21 1/28, 2/4, 2/11	1/8, 1/15, 1/22 1/29, 2/5, 2/12
2/17, 2/24, 3/3 3/10, 3/17, 3/24	2/18, 2/25, 3/4 3/11, 3/18, 3/25	2/19, 2/26, 3/5 3/12, 3/19, 3/26



WINTER 2026 CURRICULUM

Beginner Curriculum:

Our beginner lessons focus on introducing the mountain environment and developing core skills:

- Equipment safety and familiarity
- Balancing, gliding, stopping, and basic turning
- Riding surface lifts and beginner chairlifts
- Safe falling and recovery
- Building confidence through repetition and encouragement

Beyond Beginner Progression:

As youth master the basics, we advance them through terrain and technical development:

- Linking consistent turns and managing speed on steeper terrain
- Developing edge control and carving
- Exploring switch riding, basic freestyle elements, or cross-country technique
- Introduction to gate training and skill-based drills for racing
- Building independence on the mountain, including route planning and terrain choice

At every level, our coaches focus on developing resilience, decision-making, confidence, communication, and self-mastery, helping youth grow as athletes and individuals both on and off the snow.

CONTACT US

To inquire about a session's availability or ask any questions, reach out to information@winter4kids.org or give us a call at 973-846-8250.

