



Skiing Lessons Summer 2010

CHILDREN

Age 5-8 yrs ½ hr private lessons only £15.50

Learn to Ski from 5yrs. £8.00

Minis, a series of 7x 1/2hr lessons from Minis taster through to Minis level 6

Minis Skids – Fun 1 hr session Sat afternoons £11.75 (4-6yrs who have had sufficient lesson on dry slopes to progress)

Age 8+ 1 hr each lesson £12.00
C1 Beginners to snow plough
C2 Recap & plough improvers
C3 Recap & plough turns
C4 Recap & plough turn improvers
C5 Recap & linked plough turns
C6 Recap & multiple plough turns

Please note lessons may need to be repeated before moving to next stage.

Skids - Fun 2 hr session Sat afternoon 7 yrs+ who have completed C6 £15.00

Junior Race Training from 4-18yrs £15.25
A further progression for children who want to take their skiing further

Every Tuesday at 18:15 – 19:45hrs and Thursday 18:00 – 19:30hrs
New comers welcome both evenings

ADULTS

From the age of 13

S1 Beginners to snow plough £18.00 (1hr)
S2 Recap. Improve plough to 1st turn £27.25 (2 hrs)
S3 Recap. 3-4 snow plough turns £27.25 (2 hrs)
S4 Recap. Progress to top of slope £27.25 (2 hrs).

Save 20% when you buy the whole course S1 - S4 & receive your first Plough to Parallel Practise absolutely FREE saving a massive £40.95

Plough to Parallel Practice – 2 hrs improvement session to work towards parallel turns £21

Refresher sessions – For those who haven't skied for a few years, and want to brush up! £19.25 (2 hr session available this season from October to March, includes Coffee break during session)

Thursday Club – 2 ½ hrs of social skiing with an instructor £17.25 (Thursday 10:00 hrs, from October to April, coffee & biscuits included)

Ski Schools – 2 ½ hrs open to all ages from 8+. Adults £23.50 Juniors £19.50 (break in middle) Available in all school holidays

Beginners ski school – From total beginner – snow plough & 1st turn

Follow on ski school – From snow plough & 1st turn – 3-4 snow plough turns & progress in height

Advanced ski school – Working towards top of slope & really perfecting those turns.

Adult Race Training – A session to work on technique & learn through slalom poles £15.25

SKI INSTRUCTOR COURSES

To take your skiing & develop your knowledge to teach others. This is a 2 day course working towards an ASSI qualification. Normally offered twice a year.

Available dates for this course are:

- May 1st 2010
- May 2nd 2010

£130.00