



# Skiing Lessons Winter 2010/11

## CHILDREN

Age 5-8 yrs ½ hr private lessons only £19.50

Learn to Ski from 5yrs. £8.50

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 £12.50

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 £15.50

Junior Race Training from 4-18yrs £16.00

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 £19.75 ( 1hr)

S2 Recap. Improve plough to 1st turn £30.25 (2 hrs)

S3 Recap. 3-4 snow plough turns £30.25 (2 hrs)

S4 Recap. Progress to top of slope £30.25 (2 hrs).

**Save 20% when you buy the whole course  
S1 - S4 & receive your first Plough to Parallel  
Practise absolutely FREE saving a massive  
£44.10**

Plough to Parallel Practice – 2 hrs improvement session to work towards parallel turns £22

Refresher sessions – For those who haven't skied for a few years, and want to brush up! £20.25 (2 hr session available this season from October to March, includes Coffee break during session)

Ski Morning – 2 ½ hrs of social skiing with an instructor £18.00 (Thursday 10:00 hrs, from October to April, coffee & biscuits included)

Ski Schools – 2 ½ hrs open to all ages from 8+. Adults £24.75 Juniors £20.50 (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 £16

## 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.

Next Course:

May 2011 for more information and to be put on the reserve list please e mail [mail@avonski.co.uk](mailto:mail@avonski.co.uk)