



# Skiing Lessons Winter 2011/12

## CHILDREN

Age 5-8 yrs ½ hr private lessons only £25

Learn to Ski from 5yrs. £10.50

Minis, a series of 6x1/2hr lessons from minis level 1 to level 6 (you should expect to repeat each level from 2-6 at least twice)

Minis Skids – fun 1hr session Saturday afternoon £14 ages 5-7yrs who have completed the minis lessons or are of recreational standard.

Age 8+ 1 hr each lesson £14

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 £19.50

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 £21 ( 1hr)

S2 Recap. Improve plough to 1st turn £33 (2 hrs)

S3 Recap. 3-4 snow plough turns £33 (2 hrs)

S4 Recap. Progress to top of slope £33 (2 hrs).

Total cost of course £96

**Save 20% when you buy the whole course**

**S1 - S4 & receive your first Plough to Parallel Practise absolutely FREE saving a massive £45**

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! £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 £27 Juniors £22 (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 a Snow Sport England level 1 qualification. Normally offered twice a year.

Next Course:

22nd & 23rd October 2011.

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

## PRIVATE TUITION

1hr lesson for 1 person £50

Each extra person £16

Up to a maximum of 10 people per group