

ESF Chamonix - 2016-17

Adult/Junior (13+ years) Lessons

Skiing and Snowboarding

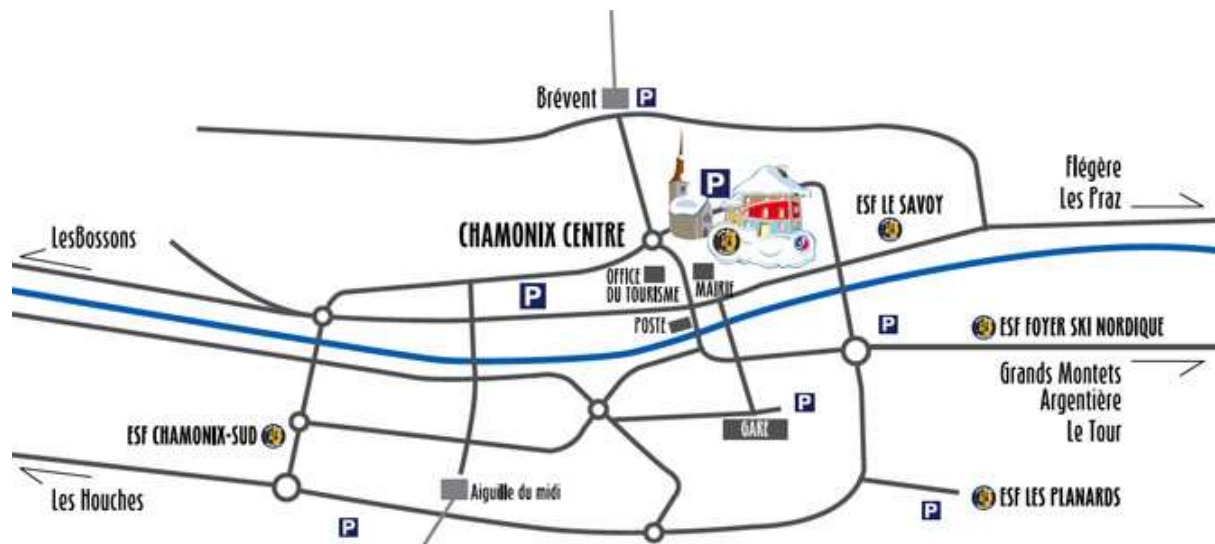
Level: Beginner, 1, 2, 3 and 4 (*please see below for explanation of levels*)

Duration: 1 half day (4 hours) lesson: 60€
5 consecutive half day: 180€
6 consecutive half day: 200€

Times: Sunday: 12.30-16.30
Monday - Saturday: 09.00-13.00

Group size: 8-10 people per group

Meeting point: Maison de la Montagne in Central Chamonix or ESF office in Chamonix Sud 15 minutes before outward journey (private ESF transfer)



Please note for all GROUP lessons, you will need to collect a card before the start of the lesson from the ESF office located at the back of Maison de la Montagne.

Ski Levels	Snowboard Levels
Beginner : never skied before	Beginner : never snowboarded before
Class 1 : have skied more than a week, can do basic snow ploughs	Class 1 : can link basic turns on a blue piste
Class 2 : average skier, can do wide turns with my skis parallel on blue slopes	Class 2 : can make standard turns on pistes of average steepness, and can slide round 180°
Class 3 : good skier, can ski under control on all red pistes	Class 3 : can link turns of various arc length on pistes of average steepness and jump 180° in the air
Class 4 : very good skier, can ski all terrain in different snow conditions, black slopes and off-piste	Class 4 : can adapt my technique to the terrain and snow conditions, can make all types of turns and am in control performing tricks