

ESKIMOS  
ski.snowboard.school.

# SKI GROUP LESSONS ADULTS

4 - 6 PERSONS\*\*

Book  
now!

Please let us  
know which  
lesson and date  
you would like  
to book

## DISCOVERY LESSON

1 day × 2h  
SUN and TUE  
2:00pm - 4:00pm  
CHF 35.—\*  
No requirements

### Lesson content

Discovery lesson for total beginners  
The discovery lesson can be booked in  
addition to the Basic 1 group lesson

## BASIC

Here you can learn the basics of skiing and the right behaviour on the slopes  
in a quick and efficient way.

## BASIC 1

5 days × 2½h  
MO - FR  
9:30am - 12:00pm  
CHF 255.—\*  
No requirements

### Lesson content

Braking and stopping  
Changing direction in snowplough  
Using the lift  
Introduction crossing the slopes in parallel  
Information about FIS-Code

## BASIC 2

5 days × 2½h  
MO - FR  
9:30am - 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 1

### Lesson content

Crossing the slopes in parallel  
Weight and unweight movement  
Introduction parallel turn  
Introduction turning on edges of ski  
Skiing on red slopes

\*Price with citizen pass, extra charge 5% without citizen passport  
\*\* Only in peak season up to 8 persons in advanced levels

## BASIC 3

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 2

**Lesson content**  
parallel turn on red slopes  
Safe turns on red slopes  
Introduction carved turn on blue slopes  
Introduction steep terrain  
Parallel stop

## ALLROUND

You are a good skier but do not feel confident on all slopes? After these lessons you will master each slope with flying colours.

### ALLROUND 1 – MASTERING STEEP SLOPES

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 3

**Lesson content**  
Advanced parallel turn on red slopes  
Varying size turns on red slopes  
Advanced carved turn on blue slopes  
Introduction fakie skiing on blue slopes  
Introduction short turn on red slopes

### ALLROUND 2 – BLUE RED BLACK ADVANCED

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Allround 1

**Lesson content**  
Short turn on red slopes  
Introduction carved turn on red slopes  
Advanced fakie skiing  
Introduction slope tricks  
Introduction short turn on moguls

### ALLROUND 3 – VARY YOUR SKIING SKILLS

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Allround 2

**Lesson content**  
Carved turn on red slopes  
Introduction short turn on black slopes  
Introduction mogul short turn  
Advanced parallel turn on black slopes  
First jumped 180° on the slopes

### ALLROUND 4 – SPEED AND CONTROL

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Allround 3

**Lesson content**  
Advanced short turns for moguls  
Advanced carved turn on red slopes  
Varying size of carved turns  
Safe skiing on varying terrain  
Performance in every terrain

\*Price with citizen pass, extra charge 5% without citizen passport  
\*\* Only in peak season up to 8 persons in advanced levels

## FREESTYLE

Do you feel like more than carving? With the ESKIMOS freestyle lessons we show you our playground for tricks, jumps and a lot more!

### FREESTYLE 1 – FREESTYLE MADE EASY

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Allround 1

**Lesson content**  
Introduction jumps on kickers  
Advanced fakie skiing  
Safety rules in the park  
Introduction slope tricks  
Introduction boxes & rails

### FREESTYLE 2 – FLY SAFELY

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Freestyle 1

**Lesson content**  
Advanced slope tricks  
Introduction jumps with rotation on kickers  
Special on- / off- jumps boxes / rails  
Safe landings  
Advanced tricks und airs



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# SKI GROUP LESSONS STEPS

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## STEPS – SKI TECHNIQUE MODULES IN GROUP LESSONS

The Steps are made for people who like to train specific ski techniques in a small group lesson. Choose your interested field and enjoy a fun afternoon with professional coaching.

### FRESH-UP

1 day × 3h  
SUN and TUE  
1:00pm – 4:00pm  
CHF 85.—\*  
Requirement: Level Basic 2

#### Lesson content

As an intermediate beginner you can freshen up your skills and knowledge and get some valuable tips for the following week.

### SHORT TURN

1 day × 3h  
Monday  
1:00pm – 4:00pm  
CHF 85.—\*  
Requirement: Level Allround 1 / 2

#### Lesson content

As an advanced skier, you can improve in short turns.

### CARVING

1 day × 3h  
Tuesday  
1:00pm – 4:00pm  
CHF 85.—\*  
Requirement: Level Allround 1 / 2

#### Lesson content

You are an intermediate skier and want to improve your carving on blue and red slopes.

\*Price with citizen pass, extra charge 5% without citizen passport  
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## MOGULS

1 day × 3h  
Wednesday  
1:00pm – 4:00pm  
CHF 85.—\*  
Requirement: Level Allround 3 / 4

**Lesson content**  
Safe introduction into mogul slopes.

## OFF-PISTE-TECHNIQUE

1 day × 3h  
Thursday  
1:00pm – 4:00pm  
CHF 85.—\*  
Requirement: Level Allround 3 / 4

**Lesson content**  
Introduction and training of off-piste technique. Prepared and yellow slopes.



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# SNOWBOARD GROUP LESSONS ADULTS

4 – 6 PERSONS\*\*

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Please let us  
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## DISCOVERY LESSON

1 day × 2h  
SUN and TUE  
2:00pm – 4:00pm  
CHF 35.—\*  
No requirements

### Lesson content

Discovery lesson for total beginners  
The discovery lesson can be booked in  
addition to the Basic 1 group lesson

## BASIC

**So you finally want to experience what your friends have long been raving about. The unique feeling of curving with both feet on one board – the complete freedom of gliding over an easy beginners' area and the fun of riding across your first beginners' slope.**

## BASIC 1

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
No requirements

### Lesson content

Getting used to your board  
Diagonal sliding and traversing  
Changing direction with the basic turn  
Breaking and stopping  
Using skilifts

## BASIC 2

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 1

### Lesson content

Confidence in curving  
Introduction to turning by weighting  
360° slope spin  
Short fakie runs  
Increased performance on easy slopes

\*Price with citizen pass, extra charge 5% without citizen passport  
\*\* Only in peak season up to 8 persons in advanced levels

## BASIC 3

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 2

**Lesson content**  
Extension and flexion turns  
Swivel turns  
Changing direction using the edges of the board  
First jumps and ollies  
Increased performance on moderately easy slopes

## ALLROUND RIDER

**In the Allround lessons you get to try out all aspects of snowboarding. It makes a complete snowboarder out of you and provides you with the best possible basis to turn you into a freestyle, freeride or carve and speed specialist.**

### ALLROUND RIDER 1

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 3

**Lesson content**  
Introduction to carving  
Swing styles using the edges of the board  
Steep slope swings  
Open country jumps  
Fakie runs  
Piste jumps

### ALLROUND RIDER 2

5 days at 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Allround Rider 1

**Lesson content**  
Dynamic carving  
Carving on steep slopes  
Riding on very steep slopes  
Swing variations  
Carving swing styles  
Straight jump variations

## FREESTYLE

**You want to expand your range of tricks, identify your limits in the park and pipe. As far as you are concerned, extended airs and spins are what real snowboarding is all about. But smooth, powerful riding over the piste must not be ignored because even such a slope should be used creatively.**

### FREESTYLE 1

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 3

**Lesson content**  
Swing styles using the edges of the board  
Fakie runs  
Nose- and tail turns  
Ollies, slope jumps and 180°  
Introduction to rails and boxes  
Introduction to straight airs and save landing

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## FREESTYLE 2

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Freestyle 1

**Lesson content**  
Carving swing styles  
360°  
Advanced rails and boxes  
Advanced airs, grabs and rotations

## CARVE & SPEED

Your world is precise carving technique with maximum hold using the edges of the board on any surface. Smooth, prepared pistes from moderately steep to super-steep is where you like to be

## CARVE & SPEED ROADSTER

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Basic 3

**Lesson content**  
Introduction to carving  
Extension and flexion turns  
Short steep slope turns  
Piste jumps  
Fast runs of between 50 and 70 km/h

## CARVE & SPEED DRAGSTER

5 days × 2½h  
MO – FR  
9:30am – 12:00pm  
CHF 255.—\*  
Requirement: Level Carve & Speed Roadster

**Lesson content**  
Dynamic carving  
Acceleration turns  
Carving on steep slopes  
Boardercross  
Fast runs at 70km/h and more



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