

ESKIMOS
ski.snowboard.school.

SENIOR CITIZENS SKIING / SNOW BOARDING

PRIVATE SKI/SNOWBOARD LESSONS

From 1,5h Ski/Snowboard Coaching
From CHF 127.00 per person
Status quo talk 15min
Material check 5 min
Off to the snow.....

When it's getting quieter at work or you've already reached retirement, it is time to look around for old or new hobbies.

Winter sports are a good choice, because it is not just about competition and performance, it is also about having a good time outside on the mountain.

At an advanced age it can feel scary to learn a new sport or to restart one, if you haven't done it in a long time. However, skiing or snowboarding can be learned safely at any age and there is no need to be scared, if you have a professional by your side. My father is 78 and my mother is 74 years old, and I have followed their retirement with great interest. They are both city persons and with their daughter living in the mountains they almost had no choice but to unpack their skis and to dedicate themselves again to the adventure of this snowsport. If you feel fit and healthy and are clearly aware of your «getting older», then with a few important tips you can experience the ski run as if you were 30 without any problems!





1. KNOW, THAT YOU ARE NOT TOO OLD

If you really want to, there is no age limit to learn anything new. You can learn a new language, a musical instrument or even skiing/snowboarding, if you are motivated and are in a good health condition. Discovering snow sports as a new or renewed sport in advanced age brings a great mental and physical challenge, which enhances the self-confidence to keep yourself in shape.

2. GOOD PREPARATION IS EVERYTHING

If you decide to start or restart skiing or snowboarding, plan well ahead. You can already start in summer to get fit for the winter. For an efficient snowsport preparation training, I recommend to get instructions from a fitness coach with pre-snowsports exercise knowledge. You should also plan enough time to organize the material, so that the shoe doesn't pinch on the first day. I recommend to get your material from a specialist shop, where you get personal advice and you can try and test everything in advance. Be organized for your first day, if possible get your lift ticket and the equipment the day before, so you can start your ski/snowboard day relaxed and without stress.

3. TAKE A COACH

After your final decision and your fitness preparation, you should invest enough time to look for a professional snowsport school with a lot of experience in your chosen winter destination. When you make your booking request, ask for a patient and experienced ski/snowboard instructor and tell the booking manager your needs, so he/she can give you good advice. Start with a short lesson to try out how you feel, and if your fitness and well-being allow it, then book additional lessons. I recommend to book private lessons, so the ski/snowboard instructor can fully focus on you and support you in your riding development. If you want to book a whole week, a «break day» is certainly a good idea.

4. ENJOY IT AND PAMPER YOURSELF

In your first hours and days on skis, take it in your own pace, be patient and enjoy. The ski/snowboard instructor will take the pressure off you, so you can focus fully on your riding experience. Plan enough time after your lesson to get back and treat yourself to a massage or a wellness hour.

