



Let our team of fully qualified instructors show you how to make the most of your holiday. For more detailed information please look on our website www.progressionski.com, email us enquiries@progressionski.com or contact us directly on 020 8123 3001.

Private Lessons

This is the ultimate way to improve your skiing, telemarking or snowboarding. A private lesson with your own instructor can be as technical and focused or as casual and guided as you want. Our prices are per lesson and we do not charge extra for your friends to join in.

Duration	Price
3 hours	235€
3.5 hours	275€
4 hours	319€
All Day	449€

Off-Piste Private Lessons

Our fully qualified team of experienced off-piste instructors will find the best snow for you. Prices are as per the private lessons (above) and all off-piste equipment - including Ortovox rucksack, transceiver, shovel and probe - are provided free of charge.

Adult Group Lessons

Our small group lessons, with a maximum of six per group, offer a fun and relaxed way to meet like-minded people of a similar standard. Throughout the week there will be group and individual feedback on appropriate terrain. It's a great value fun-packed week with a DVD of your skiing to take home with you.

Levels	1 & 2 (beginner and green/easy blue run skiers)
Duration	5 mornings x 3 hrs per morning
Time	9.00am - 12.00pm
Numbers	3 - 6 bookings per group
Price	285€ per person

Adult Clinics

Clinics are a relatively new style of lesson generally aimed at stronger skiers who want some good pointers without the restrictions of a week long group lesson. Normally run on a Monday, Tuesday and Wednesday. Video analysis and a souvenir DVD of you skiing are included in the price.

Levels	3, 4, 5 & 6 (blue run to expert)
Duration	3 mornings x 3 hrs per morning
Time	9.00am - 12.00pm
Numbers	3 - 6 people per group
Price	190€ per person

Technical and Taster Clinics

These clinics are one-offs for specific strands. If you want a fun way to improve your carving, bumps, gates then this is for you. Snowboard and telemark Taster Clinics are always run at the end of the week.

Levels	4, 5 & 6 for Technical Clinics & beginner for Taster Clinics
Duration	3 hrs
Time	Varies - on demand
Numbers	3 - 6 people
Price	80€ per person

Off-Piste, Ski Touring and Performance Weeks

If you are a strong skier and want to take things to a different level then join us for a week of high-end skiing. Our Performance Courses focus on piste performance but may touch on off-piste whilst our Off-Piste Courses focus on the untracked slopes and pristine open spaces. Our Off-Piste Courses will include technical feedback, guiding and avalanche awareness. Touring weeks will include instruction into the use of touring equipment, touring techniques and avalanche awareness.

Levels	Level 5 & 6 (strong skiers)
Duration	5 days Monday - Friday
Start time	9.00am
Numbers	3 - 6
Price	285 euro for 3 hrs per day / 380 euro for 4 hrs per day
Dates	Contact Progression Ski for details

Kids' Lessons

With a big emphasis on safety and fun our very experienced team will hand your kids back greatly improved and tired enough to give you some peace and quiet at night. Our lessons are for 4 hours per day so that we miss the crowds, have time for a hot chocolate and give the kids' more time on the hill. It works for the parents too who therefore manage to get a good ski for themselves as well. Badges, booklets, certificates, stickers and a DVD of the week are all part of the package.

Levels	Beginner to black runs and beyond!
Ages	5 - 12
Duration	5 days x 4 hrs per day
Start & finish time	9.00am - 1.00pm
Numbers	4 - 8
Price	399€ per place

We also have optional bolt-on lessons on the Sunday or the Saturday morning costing 85€ per morning or on the Friday afternoon for an additional 65€ (cost of lunch is not included).

Teen Clinics

Are your teenagers looking for something a bit different? Are they too fast for you and they want to ski with their peers? Do they need to control their speed? If so then this is the class for them. We will push their limits making it technical and demanding but fun.

Levels	4, 5 & 6 (Intermediate to advanced)
Duration	3 hrs per day
Numbers	3 - 6 per group
3 Days	225€ per person (Monday, Wednesday and Friday)
2 Day	150€ per person (Tuesday and Thursday)

Physiotherapy & Massage

We also have a team of physiotherapists operating a mobile physiotherapy and massage service. Ski school clients also receive a discount on treatments. Email massage@progressionski.com or call on 0033(0)6 27 38 56 46 for an appointment

Contact Us

All year round	0044(0)20 8123 3001
Winter in resort	0033(0)6 21 93 93 80
Skype	Progressionski (one word)

Email & Website

enquiries@progressionski.com
www.progressionski.com



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<http://twitter.com/progressionski>



<http://www.youtube.com/user/progressionski>