



For more detailed information please look on the website or contact us directly. For Off-Piste, Snowboard and Telemark lessons see Private Lessons and Taster Clinics.

## Private Lessons

This is the ultimate way to improve your skiing, telemarking or snowboarding. A private lesson with your own coach who 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 equipment is 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 while making steady progress throughout the week. The first day is normally a 'find your legs' session with reminders of the basics and some confidence-building on comfortable runs. 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 - 3 (Beginner to Intermediate)
Duration	5 days x 3 hours
Time	9.30am - 12.30pm
Numbers	3 - 6 people
Maximum Nos	6
Price	295€ 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, Wednesday and Friday or Tuesday and Thursday. The days in between gives you time to put key tips into good practice and look at the DVD footage we give you.

Levels	4 - 6 (Intermediate and beyond)
Duration	3 hours per day
Numbers	3 - 6 people per group
3 Days	225€ per person
2 Days	150€ 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 or just give snowboarding or telemark a try as a one-off, this is for you. Snowboard and telemark Taster Clinics are always run at the end of the week.

Duration	3 hours
Numbers	3 - 6 people
Price	80€ per person

## 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 giving the kids more time on the hill. It works for the parents to. Badges, booklets, certificates, stickers and a DVD of the week are all given to the kids at the end of the week.

Levels	Beginner to Black Runs and beyond!
Ages	5 - 12
Duration	5 days x 4 hours per day
Start time	9.00am to beat the crowds
Numbers	3 - 8
Price	395€ per place

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

## 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 but fun.

Levels	3 - 6 (Intermediate and beyond)
Duration	3 hrs per day
Numbers	3 - 6 people per group
3 Days	225€ per person (Monday, Wednesday and Friday)
2 Day	150€ per person (Tuesday and Thursday)

## Contact Us

### Phone Us

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All year round  
Winter in resort

### Email Us

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### Skype Us on

Progressionski (one word)

Partners:

