

## **Day Lesson Guide – Beginner**

An intense but exciting day that will take you from beginner to recreational skier! This course is perfect for introducing yourself to the world of skiing.

Your step-by-step guide to our one day beginner lesson.

### **Before your session starts:**

- Please arrive 45 minutes before your lesson starts to begin your kitting up process to ensure you are ready to start your lesson on time. These lessons are approximately 6 hours of tuition on the snow and 2 hours of break time to ensure you are refreshed and full of energy.
- When you arrive please collect your ticket at Guest Services.
- Clothing can be rented from our Clothing Hire desk and gloves can be purchased for £5 if you do not have your own.
- Boot and equipment rental is included within your lesson and can be collected in our Changing Village. You must first collect a ticket from the Ski Fit machine and tell one of our ski technicians your shoe size and they will fit you up for your skis and boots.
- After you have been fitted up for equipment if you could make your way to the lesson benches and await your instructor for your lesson to begin.

### **First Session:**

- Introduction to equipment, sliding, side stepping and introduction to snow plough.
- A 30 minute break is then provided. Guests are provided with a drink of squash, tea or coffee at our Mont Blanc cafe.

### **Second Session:**

- Learn how to slide down the slope using the correct posture.
- Introduction to sliding and snow plough.
- Development of snow plough.
- 1 hour lunch is provided. Choices include pizza, a jacket potato, soup or sandwich. (Please notify staff of any food related allergies).

### **Third Session:**

- Learn to develop steering in snow plough turns.
- Manage pressure in snow plough turns.
- A short afternoon break is provided. Please be aware that this is an unsupervised break with no food or drink provided.
- Learn how to consistently and confidently link snow plough turns on the beginner slope.
- Introduction to the Main Slope.

Please be aware, your instructor on your day lesson progresses at the rate of the group so this can vary depending on the groups abilities. For younger people taking part, please provide a contact number for parents/guardian at the start of the session.

The Day lesson course covers the individual levels 1,2,3 and if you have successfully completed all of the elements you will be a recreational skier able to use our main slope lifts to ¼ way, perform

controlled linked turns, control speed and direction and stop confidently in line with our main slope recreational standards.

After successful completion of course, why not join an improver course (levels 4,5,6)? This allows you to continue your ski journey by refining your skills, meaning you will be able to enjoy the full length of our 180-metre-long main slope.