

# GROUP ALLOCATION & lesson contents

## BAMBINI / MINIs

Half day lessons  
 Children 3-4 years  
 Games and skiing in the  
 FLOHPARK  
 Dashing (schussing)



## GREEN

Whole day lessons  
 Children from 5 years  
 1 Beginners – first days on skies  
 Dashing (schussing)  
 Snowplough  
 2 Snowbreaks  
 First turns



## BLUE II

5 Blue and red intermediate slopes  
 Basic carving  
 (Snowplough + parallel)  
 Skiing with poles  
 6 Children's basic position  
 Reduction of snowplough



## RED

7 Red slopes  
 Skiing parallel  
 Pole plant  
 8 Increasing the speed  
 Children's short turns



## BLUE I

3 First runs on blue slopes  
 Taking the lift  
 4 Improving the turning  
 Speed check



## BLACK

9 Black slopes  
 First carving  
 Technique programme  
 10 Moguls  
 Different terrain and powder snow  
 Freestyle