

# Group Allocation & Lesson contents

## BAMBINI

Kids 3 to 4 years  
Half-day lessons  
Playful skiing in our FLOHPARK  
Dashing (schussing down the slopes)



## GREEN

- 1 Beginners - first days on skies  
Dashing (schussing down the slopes)  
Snowplough
- 2 Snow brake  
Right and left turns

## BLUE I

- 3 First run on a blue slope  
Improving turns  
Speed check
- 4 Basic carving (snow plough + parallel skiing)  
Kids` basic position



## BLUE II

- 5 Blue & easy red slopes  
Basic carving  
Using ski poles properly
- 6 Smaller snowplough  
Gates open (smaller snowplough)  
Closing the gates earlier (Parallel)

## RED

- 7 Red slopes  
Skiing parallel  
Improving the usage of poles
- 8 Increasing the speed  
Kids` short turns

## BLACK

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