

Supreme  
Ski & Snowboard School

ALL BRITISH SKI TEACHERS • ALL LESSONS IN ENGLISH

SAFETY / FUN / ENJOYMENT > EASY, UNDERSTANDABLE LEARNING



www.supremeski.com

COURCHEVEL 1850 • FRANCE



UK BOOKING HOTLINE (ask for Tina)

01479 81 0800



You can now book your equipment online

www.supremeski.com



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All prices correct at time of going to print - September 2009

UK

Supreme Ski & Snowboard School  
Drumullie Lodge  
Boat of Garten  
PH24 3BX  
Highland Region

FRANCE

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73120 Courchevel 1850  
Tel. 0033 (0) 479082787

Call us in resort

+33 479  
08 27 87

## \*Snowboard

### Group prices

- 10 hour - 185€
- 12 hour - 220€

### Taster

A taster 3 hour session allows you try out a new experience on a board.

3 hour afternoon taster sessions - 60€

subject to availability. Minimum of 4 boarders required

### LEVELS

- LEVEL 0** Just kicking off - no experience.
- LEVEL 1** You can get up, turn well in one direction but are weak on the other side.
- LEVEL 2** You wish to move up a gear being able to turn well in both directions on green and easy sections of blue runs.
- LEVEL 3** You are turning well on difficult blue runs but struggle a bit on red runs. You want to link your turns more smoothly on red runs and learn to carve on easier runs.
- LEVEL 4** You can link your turns well on red runs and can get down black runs (albeit shakily!) You want to improve your carving and off-piste skills and learn to switch.

“ We would like to thank all of Supreme for being so helpful on our ski holiday. (the Cossey Tribe).  
Diane Wilkinson

“ I just wanted to drop your office a note to let you know how thrilled I was with the lessons I recently booked with Supreme.  
John McQueen



Supremely  
good feedback!

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# \*Adults – ski

- Lessons in English.
- Limited to nine per group.
- Day one: all groups will have a quick sift on Pralong to harmonise levels.
- Two hour concentrated sessions.
- Safety + fun = Learning.

## Group prices

- 10 hour – 185€
- 12 hour – 220€
- 14 hour – 255€

## Lesson times

- 9.15 - 11.15 Sunday to Wednesday  
9.15 - 13.15 Thursday
- 11.30 - 13.30 Sunday to Wednesday  
9.15 - 13.15 Friday

## SKI LEVELS

**LEVEL 0** You have never skied before. (Level 0 only will have an extra 2 hour session on day 1 from 2-4 pm, Sunday start = 14 hours and Monday start = 12 hours).

**LEVEL 1** You have had a few lessons on a dry slope or are a nervous 1 week skier and feel more comfortable in your snowplough going in one direction than the other.

**LEVEL 2** You can link turns on green and easy blue runs, sometimes they are snowploughs and other times closer to parallel. You are a normally confident 1 week skier or a nervous 2 week skier.

**LEVEL 3** You can manage parallels on green and easy blue runs but need to learn the art of staying parallel when it gets a bit steeper or faster.

**LEVEL 4** You ski confidently on blue and red runs with your skis parallel and your goal is to become more effective, vary the type of turns you do and be introduced to bumps and powder.

**LEVEL 5** You are able to ski anywhere but wish to improve your technique to feel more comfortable with speed, bumps, off-piste and hone your general advanced level skills.

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## Private Lessons

Private lesson prices are for up to four skiers – if it's more than one then they must be of a 'compatible' level.

### Prices

- 1 hour – 90€
- 2 hour – 180€
- 3 hour – 240€
- 4 hour – 320€
- 5 hour – 375€
- 6 hour – 450€

eg: your own 3 hour private group:

(price per skier)

- 3 skiers – 80€
- 4 skiers – 60€

- Discuss your requirements with us and we will try to accommodate them.



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# \*Kidz – ski

- Ages 6 to 12 years.
- Lessons in English.
- No more than 9 kids per group.
- Freshers level: max 8 per group with a help-teacher; day one has an extra two hours from 2-4pm.
- Two hour fun lessons.
- Safety + fun = Learning.
- Weekly 'CRISTAL TEST'.
- Weekly race (when possible).

## Group prices

- 10 hour – 185€
- 12 hour – 220€ (Monday start)
- 14 hour – 255€ (Sunday start)

## Lesson times

- 9.15 - 11.15 Sunday to Wednesday and 9.15 - 13.15 Thursday
- 11.30 - 13.30 Sunday to Wednesday and 9.15 - 13.15 Friday

## EASTER

- 4 hours per day Sunday – Friday
- 4 hours per day Monday – Friday

## Easter Prices

- 24 hours (Sunday start) 430€
- 20 hours (Monday start) 360€

## Lesson times

- Sunday to Friday 9.15 – 13.15
- Monday – Friday 9.15 – 13.15

## KIDZ LEVELS

**FRESHERS** have never skied before or have skied for less than 4 hours on a dry slope.

**SWIFTS** are able to link snowplough turns on green runs and ride button lifts without falling off.

**CRUISERS** can confidently ski blue runs with the skis parallel although maybe still wide apart.

**ROCKERS** can ski parallel confidently on red runs.

**TOP CATS** are ready to sample a bit of excitement – steeps, bumps, off piste, speed.



Probably the best value for money as all our instructors are native English speakers