

### **Why a ski course?**

- ◆ To learn ....*obvious one, that!*
- ◆ Improve technique and control
- ◆ Leave that 'skier's plateau' behind ....*if you feel stuck in a rut*
- ◆ Focus on refreshing techniques ....*if you feel you are losing that 'edge'*
- ◆ Have fun and meet people

**Who?** Any current level of skier (see Levels tab) or non-skier, whether you are a complete Beginner ('Never-Ever'\*); Novice or Improver ('Once or Twicer'\*); lower, middle or upper Intermediate (the 'Stem-Busters'\*); Advanced or Expert ('Beyond Expectation'\*). Minimum age 13 years, unless in one Family & Friends group booking of similar ability level, then it's a minimum age of 10 years. See Penguin Club for 4-9 years.

**What?** 5 sessions over 5 consecutive weeks, approximately 2 hours per session and limited to a maximum of 8 people per course to ensure personalised attention. Every course\* is geared towards a specific level and our nationally qualified instructors will guide you through. The courses are structured towards improvement and progression and can be adapted to focus partly on individual needs, partly on specific techniques. The same instructor will usually take most of the 5 sessions. Beginner courses include advice on equipment, clothing and safety and what to expect from a ski holiday so you can make the best of your time in the mountains.

**When?** Winter (October to March on Thursday evening or Sunday afternoon) or summer (April to September any day subject to demand) ....*or to put it another way, any time of year!* Start dates are set once a minimum of 3 people have booked, and the courses cannot be joined part-way through.

**Where?** At the **EXETER AND DISTRICT SKI CLUB**, of course!

**How?** Pre-bookable by telephone. Contact Mike Elstub on 01395 232593.

**How much?** *(the important bit!)* For this season, the cost for each 5-session course has been reduced to £60 (Juniors £48) *so day members get one free! Or, to put it another way, 20% discount! Thought you'd like that!* Course fees are payable in advance and include equipment (skis, boots and sticks, or feel free to bring your own boots or skis). Please pay by cash or cheque with cheque guarantee card details, on application at least one week before the course start date. Mike will give you the details.

**What if?** I can't make it for one of the sessions? *Sorry, the course fees are not refundable;* however, our Instructor will do his best to bring you up to date at your next session (please note that if more than one session is missed, you may not be able to re-join)

**Then what happens?** On completion, you will receive a signed certificate and course pack ....*and then you can think about booking your next course!*

For any further info phone Mike or e-mail: [courses@exeterskiclub.org.uk](mailto:courses@exeterskiclub.org.uk)

**What else?** We now offer early-season 3-session discounts for our scheduled sessions, payable at the club: Adults £35, Juniors £30. Please see the 'About' tab for clothing requirements and other Club information.