

SNOWBOARD GROUP LESSONS ADULTS

4 - 6 PERSONS**

DISCOVERY LESSON

1 day × 2h
SUN and TUE
2:00pm - 4:00pm
CHF 35.—*
No requirements

Lesson content

Discovery lesson for total beginners
The discovery lesson can be booked in addition to the Basic 1 group lesson

BASIC

So you finally want to experience what your friends have long been raving about. The unique feeling of curving with both feet on one board - the complete freedom of gliding over an easy beginners' area and the fun of riding across your first beginners' slope.

BASIC 1

5 days × 2½h
MO - FR
9:30am - 12:00pm
CHF 255.—*
No requirements

Lesson content

Getting used to your board
Diagonal sliding and traversing
Changing direction with the basic turn
Breaking and stopping
Using skilifts

BASIC 2

5 days × 2½h
MO - FR
9:30am - 12:00pm
CHF 255.—*
Requirement: Level Basic 1

Lesson content

Confidence in curving
Introduction to turning by weighting
360° slope spin
Short fakie runs
Increased performance on easy slopes

*Price with SaastalCard. Price without SaastalCard CHF 268.— / 37.—
** Only in peak season up to 8 persons in advanced levels

BASIC 3

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Basic 2

Lesson content
Extension and flexion turns
Swivel turns
Changing direction using the edges of the board
First jumps and ollies
Increased performance on moderately easy slopes

ALLROUND RIDER

In the Allround lessons you get to try out all aspects of snowboarding. It makes a complete snowboarder out of you and provides you with the best possible basis to turn you into a freestyle, freeride or carve and speed specialist.

ALLROUND RIDER 1

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Basic 3

Lesson content
Introduction to carving
Swing styles using the edges of the board
Steep slope swings
Open country jumps
Fakie runs
Piste jumps

ALLROUND RIDER 2

5 days at 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Allround Rider 1

Lesson content
Dynamic carving
Carving on steep slopes
Riding on very steep slopes
Swing variations
Carving swing styles
Straight jump variations

FREESTYLE

You want to expand your range of tricks, identify your limits in the park and pipe. As far as you are concerned, extended airs and spins are what real snowboarding is all about. But smooth, powerful riding over the piste must not be ignored because even such a slope should be used creatively.

FREESTYLE 1

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Basic 3

Lesson content
Swing styles using the edges of the board
Fakie runs
Nose- and tail turns
Ollies, slope jumps and 180°
Introduction to rails and boxes
Introduction to straight airs and save landing

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FREESTYLE 2

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Freestyle 1

Lesson content
Carving swing styles
360°
Advanced rails and boxes
Advanced airs, grabs and rotations

CARVE & SPEED

Your world is precise carving technique with maximum hold using the edges of the board on any surface. Smooth, prepared pistes from moderately steep to super-steep is where you like to be

CARVE & SPEED ROADSTER

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Basic 3

Lesson content
Introduction to carving
Extension and flexion turns
Short steep slope turns
Piste jumps
Fast runs of between 50 and 70 km/h

CARVE & SPEED DRAGSTER

5 days × 2½h
MO – FR
9:30am – 12:00pm
CHF 255.—*
Requirement: Level Carve & Speed
Roadster

Lesson content
Dynamic carving
Acceleration turns
Carving on steep slopes
Boardercross
Fast runs at 70km/h and more



*Price with SaastalCard. Price without SaastalCard CHF 268.—
** Only in peak season up to 8 persons in advanced levels