

SKI SCHOOL

AFRISKI SKI + SNOWBOARD SCHOOL

USER GUIDE

GROUP LESSONS

Start Times
10h00 - 12h00
13h30 - 15h30

PRIVATE LESSONS

Start Times
09h00 - 10h00
12h30 - 13h30

BOOK LESSONS

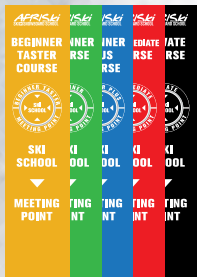
ONLINE

www.afriski.net

@ SKI SCHOOL RESORT OFFICE

MEETING POINTS

Follow the sign flags to meet your instructor



MERIT CERTIFICATES

On successful completion of your lesson.



GUEST RACES

Lots of Fun!!
Ask your Instructor.

SNOW PASSES ARE REQUIRED TO SKI ON THE SLOPE AND ARE NOT INCLUDED IN YOUR LESSONS.



1

★ **ABILITY LEVEL** - 2 hr Lesson

Progression:

Mobility - Gliding - Basic Plough - Early Plough Turns

Outcome:

Five linked plough turns



2

★ **ABILITY LEVEL** - 4 hr Lesson

Progression:

Mobility - Gliding - Basic Plough - Early Plough Turns

Outcome:

Five linked plough turns



3

★★ **ABILITY LEVEL** - 4 hr Lesson

Progression:

Developing Control (Speed & Line) - Plough Turning

Outcome:

Linked plough turns showing correct movement throughout the turn (ten turns minimum)



4

★★★ **ABILITY LEVEL** - 4 hr Lesson

Progression:

Early Snow-plough - Parallel

Outcome:

Linked plough to parallel turns matching skis at the fall line (both sides)



5

★ - ★★★★★ **ABILITY LEVEL**
Hourly

Progression:

Basic Parallel - Skills Development (Fundamentals) - Parallel Turning.

Outcome:

Consistent parallel turns showing correct movement through the turn.



For your safety and that of all other skiers, it's compulsory for beginners to take at least a one 4 hour introductory lesson. The benefits of ski lessons and a good ski technique will be felt for many years to come and will guarantee your safety and skiing pleasure.

NB: Main Slope may only be used by beginner riders once a skills level test with your instructor has been passed

