

# SNOWBOARD 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](http://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:

Balance - Posture - Mobility - Speed control - Direction

### Outcome:

Falling leaf / Garlands - Basic drifting turns on easy gradient.



2

★ **ABILITY LEVEL - 4 hr Lesson**

### Progression:

Balance - Posture - Mobility - Speed control - Direction

### Outcome:

Falling leaf / Garlands - Basic drifting turns on easy gradient.



3

★★ **ABILITY LEVEL - 4 hr Lesson**

### Progression:

Garlands - drifting turns - S turns

### Outcome:

Linked drifting turns - Speed control & Balance - Passing.



4

★★★ **ABILITY LEVEL - 4 hr Lesson**

### Progression:

Basic position - Edging - Technical exercises

### Outcome:

Consistency - Posture development - timing & control of movements



5

★ - ★★★★★ **ABILITY LEVEL - Hourly**

### Progression:

Control - Rapid changes in technique & Rhythm

### Outcome:

Responsiveness & adaptability to changing conditions



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 been passed

