

**ESF****Welcome to your ski school in la Tania****Since 1990****Centre Station****Phone : 0033 479 088 039****www.esf-latania.com****73125 LA TANIA****Fax : 0033 479 083 851****info@esf-latania.com**

PERIOD L	Low Saison From 11/12/2011 to 16/12/2011 01/01/2012 to 10/02/2012 11/03/2012 to 20/04/2012	
PERIOD H	High Saison From 18/12/2011 to 30/12/2011 12/02/2012 to 09/03/2012	

GROUP LESSONS

ADULT SKI	1st lesson	until	Time schedule	Duration	Rate L	Rate H
6 Mornings	Sunday	Friday	9h to 11h30	6 x 2h30	168 €	175 €
6 Middays			11h30 to 13h30	6 x 2h	145 €	146 €
5 Mornings	Monday	Friday	9h to 11h30	5 x 2h30	155 €	163 €
5 Middays			11h30 to 13h30	5 x 2h	132 €	138 €
CHILD SKI	1st lesson	until	Time schedule	Duration	Rate L	Rate H
6 Days	Sunday	Friday	9h to 11h30 / 14h to 16h30	6 x 5h	235 €	245 €
6 Mornings			9h to 11h30	6 x 2h30	148 €	155 €
6 Afternoons			14h to 16h30	6 x 2h30	148 €	155 €
5 Days	Monday	Friday	9h to 11h30 / 14h to 16h30	5 x 5h	212 €	216 €
5 Mornings			9h to 11h30	5 x 2h30	132 €	140 €
5 Afternoons			14h to 16h30	5 x 2h30	132 €	140 €

Your children can have a supervised lunch between 11.45am and 13.45. They will be taken directly from their lessons.

You must sign up for our children's lunches at the ski school reception only.

1 Day	20 €	5 Days	80 €	6 Days	96 €
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SNOW BEGINNER	1st lesson	until	Time schedule	Duration	Rate L	Rate H
5 Middays	Monday	Friday	11h30 to 13h30	5 x 2h	132 €	138 €
SNOWBOARD	1st lesson	until	Time schedule	Duration	Rate L	Rate H
6 Afternoons	Sunday	Friday	14h to 16h30	6 x 2h30	168 €	175 €
5 Afternoons	Monday	Friday	14h to 16h30	5 x 2h30	155 €	163 €

PRIVATE LESSONS

ALL PUBLIC	Time schedule	Rate	Suppl.		
Journée	9h to 16h30	350 €	50 €		
For the Day price for 1 to 4 people A supplement of 50€ will be applied per day, per additional person.					
ADULT	Time schedule	Duration	Rate L	Rate H	Suppl.
Morning	9h to 11h30	2h30	165 €	175 €	19 €
Midday	11h30 to 13h30	2h	108 €	112 €	19 €
Afternoon	14h to 16h	2h	104 €	112 €	19 €
Afternoon	14h to 16h30	2h30	130 €	140 €	19 €
Afternoon	14h to 17h	3h	156 €	168 €	19 €
Price for 1 to 2 people A supplement of 19€ will be applied per lesson, per additional person.					
CHILD	Time schedule	Duration	Rate L	Rate H	Suppl.
Morning	9h to 11h30	2h30	165 €	175 €	19 €
Midday	11h30 to 13h30	2h	108 €	112 €	19 €
Afternoon	14h to 16h	2h	104 €	112 €	19 €
Afternoon	14h to 16h30	2h30	130 €	140 €	19 €
Afternoon	14h to 17h	3h	156 €	168 €	19 €
Price for 1 to 4 children A supplement of 19€ will be applied per lesson, per additional child.					

**ÉCOLE DU SKI FRANÇAIS DE LA TANIA - Centre Station - 73125 LA TANIA**

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I book level	ADULT GROUP LESSONS <i>Estimate your level of skiing technique at the beginning of the week</i>	Number of weeks practiced
Beginner	<i>I have never skied, I have never put skis on</i>	None
Class 1	<i>I can control my turns and my speed. I know how to stop myself on gentle slopes</i>	from 1 to 3
Class 2	<i>I can control sideslip turns in parallel. I am beginning to have confidence with the slope and speed, with rhythm. I stay balanced in changing terrain.</i>	from 3 to 4
Class 3	<i>I can go over varied terrain on steeper slopes with ease whilst maintaining my speed, with safety in all types of snow.</i>	from 4 to 6
EXPERT	<i>I have a lot of experience skiing. I can link short or long turns at speed. I can ski all types of terrain in all types of snow. I try to improve my slalom performance.</i>	

You get	CHILD GROUP LESSONS <i>less than 13 years</i> <i>Estimate your level of skiing technique at the beginning of the week</i>	You prepare
None	<i>I am under 5 year old, I am discovering skiing for the first time.</i>	Piou-Piou
Piou-Piou	<i>I am over 4 year old, I have already skied for one week I am over 5 year old, I have never skied.</i>	Ourson
Ourson	<i>I have the confidence to take the drag lift on my own. I can control my turns and my speed. I know how to stop myself on gentle slopes</i>	Flocon
Flocon	<i>I start my turn in snowplough and bring my skis back to parallel. I control my speed, I can go faster without losing my balance.</i>	1 Etoile
1 Etoile	<i>I am starting to practice sideslip turns and beginning different sideslips. I can ski for a long time and can stop whenever I want.</i>	2 Etoile
2 Etoile	<i>I can turn with the downhill skis parallel, I can sideslip, I can increase my speed over varying terrain without losing my balance. I can skate and jump.</i>	3 Etoile
3 Etoile	<i>I can do basic parallel turns, I have confidence with speed without being dangerous. I control long and short turns, I can do the stop turn.</i>	Bronze
Bronze	<i>I have efficient turns with a carving effect, I can do short or longer turns. I can increase speed with a good margin of safety, I jump, I ski all slopes.</i>	Or
Or	<i>I have a lot of experience skiing. I can link short or long turns at speed. I can ski all types of terrain in all types of snow. I am passing my slalom tests.</i>	Comp

I book level	SNOWBOARD GROUP LESSONS <i>Estimate your level at the beginning of the week</i>	Number of weeks practiced
Beginner	<i>I have never stepped into a snowboard, I have never slid on a snowboard</i>	None
Intermediate	<i>I can turn on the backside and frontside, going down moderate slopes</i>	from 1 to 3
Advanced	<i>I have speed, I am in control and can vary the curve of my trajectory, I am beginning to do jumps, fakie and testing all types of snow</i>	from 3 to 5



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