

2011/12 Lesson Guide - St Martin De Belleville



New Generation is a British run ski and snowboard school. All our lessons are in English. All our instructors are fully qualified and can teach all levels of skier or boarder.

This is our 14th year in the Alps although our first year in St Martin De Belleville! The team is being run by Luke Gerrett and Heidi Edmunds, both who live in St Martin year round.

More information or book on-line at: www.skinewgen.com.

We are also in:

- Courchevel
- La Tania
- Val d'Isere
- Tignes
- Meribel
- Vailandry
- Serre Chevalier
- Verbier

Step 1: Find Your Level

All levels are catered for - from beginner to off-piste adventurer!

Step 2: Choose a range and lesson type that is right for you.

Some examples: RANGE, Lesson Type

A one to one / share with friends? (CORE, Private lesson)

A couple of technical sessions? (FLEXI, Technical Clinics)

To start to learn a new skill? i.e. bumps (FLEXI, SkillSessions)

Need lessons on a Sunday? (FLEXI, Sunday Starter)

Want to improve on the move? (PRO, proXplore)

Looking for an off-piste adventure? (PRO, proXplore)

Group Lessons (Adult and Kids) - In our first season we are also offering group lessons but we will require at least 3 people to sign up as we have limited availability.

Step 3: Check Details

Check the price and running time of the lessons.

Step 4: Make a booking

Online: www.skinewgen.com

Email: info@skinewgen.com

Phone: 0844 484 3663 (from the UK only)

0033 479 01 03 18 (International)

Please mention your tour operator (Where You Heard About Us) and the chalet/hotel you are staying in.

Level & Course Guide

Use this guide to work out skiing and snowboarding levels. Level videos are available online at www.skinewgen.com to assist in finding the right level.

Adult Ski

Level 1	This is my first time.	Adult Courses L1 - 5	Technical Clinics L 4 - 7	PRO Courses L 5 - 7	Skill Sessions L 5 - 7
Level 2	I have tried skiing before, on snow or on a dry slope. I have started to snowplough turn on the nursery slopes.				
Level 3	I am confident snowploughing on green and blue runs and my skis are sometimes parallel towards the end of the turn.				
Level 4	I ski parallel on a blue run, but may struggle when it gets steep, narrow or icy.				
Level 5	I can ski red runs when the conditions are good. I enjoy skiing fairly fast, but struggle when it gets bumpy, steeper, icy, or the snow gets deep.				
Level 6	I can ski all reds and get down most blacks as well, providing they're not too steep or bumpy.				
Level 7	I can ski most places. Black runs are no problem and I enjoy off-piste and itinerary runs.				

Snowboarding

Level 1	This is my first time on a snowboard	Course L1-3	Clinic L3-4	Skill L3-4
Level 2	I can stop and turn on both my toe & heel edge			
Level 3	I can ride and turn on blue runs			
Level 4	I am ready to ride all of the mountain			

Children's Levels

Whippersnappers	This is my first time	4-5 yr	6 - 12 Year Olds	10 - 14 Year Olds	Skiing experience guide (weeks)
Wallabies	This is my first time				
Arrows	I can ski a green run, controlling my speed, use a drag lift and might have tried a blue run				
Young Arrows*	Arrow standard but 5 - 7 yrs only				
Bombers	I can 'bomb' down blue runs and can sometimes get down a red run				
Rockets	I can <u>parallel</u> ski 'everywhere' - reds and beyond.				
NG Freeride Team	I have been in Rockets (or a similar level), I can parallel ski on blacks and I am now looking to develop my all mountain skills.				



Find the lesson that is right for you

We have a comprehensive range of ski and snowboard lessons to choose from. We cater for all levels and have lessons from 2 hrs to a week!

Traditional favourites

CORE

In our first season we will be mainly offering private lessons. We will set up group lessons if we have 3 or more people of the same level.

+ Private Lessons

A one-to-one coaching session or share with friends. On & Off-Piste lessons from 2 hour to all day.

★ All Levels

+ Adult Morning Courses

Group lessons are run in the mornings, leaving you free for the rest of the day to practise, or ski with family and friends.

★ Small groups

★ English Speaking

+ Children's Courses

A range of weekly courses with the emphasis on learning in a safe and fun environment. Ages 4 - 14 years.

★ All Levels

Flexible & Innovative lessons

FLEXI

Great value and flexible. The name reflects the fact that the lessons are always guaranteed to run and the more people in the lesson the longer the lesson lasts.

+ Afternoon Technical Clinics

Skiers not wishing to be in a course all week but looking for a refresher and tips to launch them off a plateau. 2 afternoon sessions in small coaching group.

★ Level 4 - Level 7

★ Small groups

+ SkillSessions

A one off themed skill session. Choose from: Bumps, Carving, Freestyle, Off-Piste, ICE.

★ English Speaking

+ Sunday Starter

Sunday group session - perfect for beginners or those wishing to find their ski legs.

★ Level 1 - Level 5

The alternative to ski school

PRO

For clients looking for an alternative to ski school. Whether it is exploring secret powder stashes or simply cruising our instructors' favourite runs with tips on the way.

+ proXplore

Learn on the move. Explore the mountain with our professional instructors. 2 day Themed adventures - The 3 Valley Experience / Beyond 30 Degrees.

★ Level 4 - Level 7

★ Small groups

★ Fluent English Speaking

+ proVenture

2 day adventure with a specialist coach. Scheduled on set dates with a named coach. e.g. Off-Piste.

★ Level 6 - Level 7

Traditional favourites

CORE

Private Lessons (On or Off Piste)

2hr	165€	1 - 2 people	<i>For each additional person add 20€</i>
2.5hr	195€	1 - 2	<i>add 25€</i>
3hr	225€	1 - 2	<i>add 30€</i>
6hr (All Day)	450€	1 - 6	<i>n/a</i>

Adult Morning Courses

(For levels 1-5, Sun/Mon-Fri, 9:15/11:30 start)

5 day	185€	2hrs per day	2 - 8 per group
6 day	220€	2hrs per day	2 - 8 per group

Childrens' Morning Courses *(Half-term/Easter)*

5 day (5 - 14 yr olds)	395€	4.25hrs per day	2 - 8 per group
5 day (4 - 5 yr olds)	235€	2hrs per day	2 - 6 per group

Flexible & Innovative lessons

FLEXI

Afternoon Technical Clinics

(For Levels 4-7, Mon/Wed; Tue/Thur, 2:00 start)

5hr Clinic	139€	2.5hrs x 2 days	1 - 6 per clinic
6hr Clinic (Peak)	165€	3 hrs x 2 days	1 - 6 per clinic

Book with confidence - Clinics are always guaranteed to run

*If there is 1 person it will run for 2 hrs; 2 people = 2*2hrs; 3+ people = Full duration*

SkillSessions (Freestyle, Off-piste, Bumps...)

(For Levels 5 - 7)

1 session	60€	1 to 3hrs	1 - 5 per group
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Book with confidence - SkillSessions are always guaranteed to run

If there is 1 person it will run for 1hr, 2 = 1.5hrs, 3=2hrs, 4=2.5hrs, 5=3hrs

Sunday Starters

(For Levels 1 - 5)

1 session	60€	1 to 2hrs	1 - 8 per group
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Book with confidence - Sunday Starters are always guaranteed to run

If there is 1 person it will run for 1hr, 2 = 1.5hrs, 3+ people = Full duration

Guiding & specialist courses

PRO

proXplore

(9:00am start, check course level requirements)

2 day	199€	5hrs x 2 days	3 - 6 people
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Guiding with tips on the move (2 levels). The 3 Valley Experience (L4+) - *Cruise the best slopes and learn on the move*; Beyond 30 Degrees (Level 6+) - *Explore the most challenging runs.*

proVenture

(Check course Level requirements)

2 day	199€	5hrs x 2 days	3 - 6 people
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Tailor-made courses. These courses are only available for certain dates and will be with a specialist instructor. For example - Off-piste course.