

2010/11 Price & Level Guide for Val d'Isere



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. Groups are small and friendly.

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

We are also in:

- Courchevel
- Vallandry
- La Tania
- Serre Chevalier
- Meribel
- Verbier
- Tignes

Guide to booking ski / board lessons

We have put together a user friendly guide to booking your ski or snowboard lessons with New Generation. We hope you find it helpful.

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: | <u>RANGE</u> , <u>Lesson Type</u> |
| Are you looking for a week of lessons? | (CORE, Groups) |
| Lessons for the children? | (CORE, Kids Groups) |
| A one to one? | (CORE, Private lesson) |
| | |
| A couple of technical sessions? | (FLEXI, Technical Clinics) |
| To start to learn a new skill? i.e. bumps | (FLEXI, Skill Sessions) |
| Need lessons on a Sunday? | (FLEXI, Sunday Starter) |
| | |
| Want to improve on the move? | (PRO, proXplore) |
| Benefit from video feedback? | (PRO, proFormance) |
| Looking for an off-piste adventure? | (PRO, proVenture) |

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. Terms and Conditions available on request and on the following link www.skinewgen.com/Terms_and_Conditions.pdf

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 Courses & Clinics

| | | | | | |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------------------|-----------------------|------------------------|
| Level 1 | This is my first time. | Adult Courses L1 - 5 | Technical Clinics L 4 - 7 | PRO Courses L 4/5 - 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 Course & Clinics

| | | | | |
|---------|------------------------------------------------|-------------|-------------|-------------|
| Level 1 | This is my first time on a snowboard | Course L1-3 | Clinic L3-4 | Skills 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 Courses

| | | | | |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------|---|
| Wallabies | This is my first time | 6 - 12 Year Olds | Skiing experience guide (weeks) | 0 |
| Arrows | I can ski a green run, controlling my speed, use a drag lift and might have tried a blue run | | | 1 |
| Young Arrows* | Arrow standard but 5 - 7 yrs only | | | 2 |
| Bombers | I can 'bomb' down blue runs and can sometimes get down a red run | | | 3 |
| Rockets | I can parallel ski 'everywhere' - reds and beyond. | | | 4 |
| 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. | | | 5 |
| | | 6+ | | |
| | | 7 | | |
| | | 8+ | | |
| | | 10 - 14 Year Olds | | |

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

The 'Classic', 'Traditional', 'Essential' or, as we call them, **CORE** lessons at New Generation are our weekly courses (adults and children) and private lessons for skiers and snowboarders.

+ Adult Morning Courses

Groups lessons are our most popular form of lesson. Lessons are run in the mornings, leaving you free for the rest of the day to practise, or ski with family and friends.

★ All Levels

+ Children's Courses

A range of weekly courses with the emphasis on learning in a safe and fun environment. Ages 6 - 14 years.

★ Small groups

★ English Speaking

+ Private Lessons

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

★ 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

+ Skill Sessions

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

Specialist courses from our professional team

PRO

Specialist courses for clients looking for an alternative to ski school. Whether it is exploring secret powder stashes, learning from video, or cruising our instructors' favourite runs.

+ proXplore

2 days. Learn on the move. Explore the mountain with our professional instructors.

2 levels: Explore the Espace Killy (L4+), Beyond 30° (L6+)

★ Level 4 - Level 7

+ proVenture

2 day adventure with a specialist coach. Scheduled on set dates with a named coach. Check website for dates.

★ Level 6 - Level 7

★ Small groups

+ proFormance

On & Off snow performance coaching course (Mon-Fri). Includes evening lectures with video feedback

★ English Speaking

2010/11 Price & Details (Val d'Isere)

If you can't find what you are looking for or have an ad-hoc request then please contact us as we do have more in our range but we just couldn't fit it all on!

| | | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------|------------------|
| Traditional favourites | CORE | Adult Morning Courses | | | |
| | | <i>(For levels 1-5, Sun/Mon-Fri, 9:00/11:30 start)</i> | | | |
| | | 5 day | 185€ | 2hrs per day | 2 - 8 per group |
| | | 6 day | 215€ | 2hrs per day | 2 - 8 per group |
| | | Childrens' Morning Courses <i>(6 - 14 year olds, Sun/Mon-Fri, 9:00/11:30 start)</i> | | | |
| | | 5 day (Xmas/NY/Non-Peak) | 185€ | 2hrs per day | 2 - 8 per group |
| | | 5 day (Half-term/Easter) | 395€ | 4.25hrs per day | 2 - 8 per group |
| | | Private Lessons | | | |
| | | <i>For each additional person</i> | | | |
| | | 2hr | 165€ | 1 - 2 people | <i>add 20€</i> |
| 2.5hr | 195€ | 1 - 2 | <i>add 25€</i> | | |
| 3hr | 225€ | 1 - 2 | <i>add 30€</i> | | |
| 4hr | 295€ | 1 - 2 | <i>add 40€</i> | | |
| All Day | 450€ | 1 - 6 | <i>n/a</i> | | |
| Flexible & Innovative lessons | FLEXI | Technical Clinics | | | |
| | | <i>(For Levels 4-7, Mon/Wed; Tue/Thur, 2:00 start)</i> | | | |
| | | 5hr Clinic | 139€ | 2.5hrs x 2 days | 3 - 6 per clinic |
| | | 6hr Clinic (Peak) | 165€ | 3 hrs x 2 days | 3 - 6 per clinic |
| | | <i>Book with confidence - Clinics are always guaranteed to run</i> | | | |
| | | <i>If there is 1 person it will run for 2 hrs; 2 people = 2*2hrs; 3+ people = Full duration</i> | | | |
| | | SkillSessions (Freestyle, Off-piste, Bumps, Carving...) | | | |
| | | <i>(For Levels 5 - 7)</i> | | | |
| | | 1 session | 55€ | 1 to 3hrs | 1 - 5 per group |
| | | <i>Book with confidence - SkillSessions are always guaranteed to run</i> | | | |
| <i>If there is 1 person it will run for 1hr, 2 = 1.5hrs, 3=2hrs, 4=2.5hrs, 5=3hrs</i> | | | | | |
| Specialist courses from our professional team | PRO | proXplore | | | |
| | | <i>(9:00am start, check course level requirements)</i> | | | |
| | | 2 day | 199€ | 5hrs x 2 days | 3 - 6 people |
| | | <ul style="list-style-type: none"> ⊗ Explore the Espace Killy (L4+) - Learn on the move, cruising the best blues and reds! ⊗ Beyond 30° (L6+) - Explore the steeps and adapt your skiing to new challenging terrain | | | |
| | | proVenture | | | |
| | | <i>(Check course Level requirements)</i> | | | |
| | | 2 day | 199€ | 5hrs x 2 days | 3 - 6 people |
| | | A series of tailor-made courses run by our specialist coaches. Courses will include off-piste, bumps, freestyle camps. Dates to be posted on resort pages. | | | |
| | | proFormance | | | |
| | | <i>(For Levels 5 - 7)</i> | | | |
| 5 day | 199€ | 10.5hrs (on-snow) / c.3hrs (off-snow) | 4 - 8 people | | |
| On & Off snow performance course. Evening lectures with video feedback (Mon & Tue); On-snow performance sessions (Tue-Thurs pm); On-snow adventure followed by drinks (Fri). | | | | | |