

# ADULT SKI LESSON PROGRAMME 08/09

## BEGINNERS

Sunday 10.00am – 12.00noon  
for 3 weeks

Course SUB1: Oct 26, Nov 2 & 9.  
Course SUB2: Nov 16, 23 & 30.  
Course SUB3: Jan 11, 18 & 25.  
Course SUB4: Feb 1, 8 & 15.  
Course SUB5: Mar 1, 8 & 15.

Monday 8.00pm – 10.00pm  
for 3 weeks

Course MB1: Aug 25, Sep 1 & 8.  
Course MB2: Oct 20, 27 & Nov 3.  
Course MB3: Nov 10, 17 & 24.  
Course MB4: Dec 1, 8 & 15.  
Course MB5: Jan 12, 19 & 26.  
Course MB6: Feb 23, Mar 2 & 9.  
Course MB7: Mar 16, 23 & 30.  
Course MB8: Apr 27, May 11 & 18.  
Course MB9: Jun 1, 8 & 15.

## LEVEL 1/2

Sunday 10.15am – 12.15pm  
for 3 weeks

Course SUL1/2A: Nov 16, 23 & 30.  
Course SUL1/2B: Jan 11, 18 & 25.  
Course SUL1/2C: Feb 1, 8 & 15.  
Course SUL1/2D: Mar 1, 8 & 15.

Monday 8.00pm – 10.00pm  
for 3 weeks

Course ML1/2A: Nov 10, 17 & 24.  
Course ML1/2B: Dec 1, 8 & 15.  
Course ML1/2C: Jan 12, 19 & 26.  
Course ML1/2D: Feb 23, Mar 2 & 9.  
Course ML1/2E: Mar 16, 23 & 30.

## LEVEL 3/4

Sunday 10.30am – 12.30pm  
for 3 weeks

Course SUL3/4A: Oct 26, Nov 2 & 9.  
Course SUL3/4B: Nov 16, 23 & 30.  
Course SUL3/4C: Jan 11, 18 & 25.  
Course SUL3/4D: Feb 1, 8 & 15.  
Course SUL3/4E: Mar 1, 8 & 15.

Tuesday 7.30pm – 9.30pm  
for 3 weeks

Course TL3/4A: Oct 28, Nov 4 & 11.  
Course TL3/4B: Nov 18, 25 & Dec 2.  
Course TL3/4C: Jan 13, 20 & 27.  
Course TL3/4D: Feb 3, 10 & 24.  
Course TL3/4E: Mar 3, 10 & 17.

## LEVEL 5

Tuesday 8.00 – 10.00pm.

Course TL5A: Oct 28, Nov 4 & 11.  
Course TL5B: Nov 18, 25 & Dec 2.  
Course TL5C: Jan 13, 20 & 27.  
Course TL5D: Feb 3, 10 & 24.  
Course TL5E: Mar 3, 10 & 17.

## FAMILY LESSONS

(These classes are for family groups only. No individual youths or adults allowed)

These classes are suitable for beginners 7 years and over and skiers 4 years and over.

Sunday 3.30 – 5.30pm.

Course FLS1 : October 26, November 2 & 9.  
Course FLS2 : November 16, 23 & 30.  
Course FLS3 : January 11, 18 & 25.  
Course FLS4 : March 8, 15 & 22.

## ADULT/YOUTH FREESTYLE CLASSES

SATURDAY 4.00 – 6.00pm.

Course FS1: Sep. 6, 13 & 20.  
Course FS2: Oct. 25, Nov. 1 & 8.  
Course FS3: Nov. 15, 22 & 29,  
Course FS4: Jan. 10, 17 & 24.  
Course FS5: Feb. 28, March 7 & 14.

## ADULT RACE TRAINING

Sunday 8.15 – 9.45pm.  
For 4 weeks

Course AR1 : Sep 7, 14, 21 & Oct 5.  
Course AR2 : Oct 26, Nov 2, 9 & 16.  
Course AR3 : Nov 23, 30, Dec 7 & 14.

Tuesday 8.00 – 10.00pm.  
For 3 weeks

Course ART1: Feb 3, 10 & 24.  
Course ART2: Mar 3, 10 & 17.

## LADIES CLASSES

BEGINNERS MONDAYS 9.45 - 11.15am.

Course LM1: Oct 20, 27, Nov 3 & 10.  
Course LM2: Jan 12, 19, 26 & Feb 2.

LEVELS 1/2 TUESDAYS 9.45 - 11.15am.

Course LT1: Sep 2, 9, 16 & 23.  
Course LT2: Nov 4, 11, 18 & 25.  
Course LT3: Jan 13, 20, 27 & Feb 3.  
Course LT4: March 3, 10, 17 & 24.

LEVEL 3/4 FRIDAYS 9.45 - 11.15am.

Course LF1: Aug 29, Sept 5, 12 & 19.  
Course LF2: Nov 7, 14, 21 & 28.  
Course LF3: Jan 16, 23, 30 & Feb 6.  
Course LF4: Mar 6, 13, 20 & 27.

