

**Summer Holiday
Ski School Packages
2007**

:: BEGINNERS AND INTRODUCTORY COURSES ::

7 years and up - Beginners (2 hours a day)

- **Suitable for:** Children aged 7+ who have not skied before.
- **Times:** 9:30am to 11:30am; 2:30pm to 4:30pm (Mon to Fri).
- **Dates:** Weekly from 2nd July to 13th August.
- **Cost:** Junior £39 (must be paid in advance).

7 years and up - Stage Two (Beginner Follow Up)

- **Suitable for:** Children aged 7 and up who have completed their 7+ Beginners and are skiing in control without assistance.
- **Times:** 1:30pm to 2:30pm – Snowplough Turns from Top.
2:30pm to 3:30pm Snowplough Turns half way class
may also be suitable for some skiers from the Beginners.
- **Dates:** Weekly from 2nd July to 13th August. Some variations may occur subject to demand and ability variations during course intakes.
- **Cost:** Junior £26 (must be paid in advance).

4 ½ to 6 years -

Penguins

- **Suitable for:** Children aged 4 and a half to 6 who have not skied before.
- **Times:** 9:45am to 10:45am; 3:30pm to 4:30pm (Mon to Fri)
- **Dates:** Weekly from 2nd July to 13th August.
- **Cost:** Junior £28 (must be paid in advance).

4 ½ to 6 years -

Polar Bears

- **Suitable for:** Children aged 4 and a half to 6 who have achieved their Penguins Badge.
- **Times:** 11am to 12 noon (Mon to Fri).
- **Dates:** Weekly from 2nd July to 13th August. Some variations may occur subject to demand.
- **Cost:** Junior £26 (must be paid in advance).

?? to ?? years! -

Mums and Dad's Beginners class

- **Suitable for:** Adults who have not skied before.
- **Times:** 2:30pm to 3:30pm (Mon to Fri).
- **Dates:** TBC – Call for details.
- **Cost:** Adult £44.50 (must be paid in advance).

Snowboarding Courses are also being arranged. Please call for details.



Intermediate – Snowplough Turns Top

- **Suitable for:** Course for those with their Grade 3 and working towards their Grade 4 certificate. It will improve snowplough turning from the top and introduce parallel traversing & inner foot steering.
- **Times:** 1:30 – 2:30pm.
- **Dates:** Weekly from 2nd July to 13th August. Some variations may occur subject to demand.
- **Cost:** Junior £26 (must be paid in advance).

Intermediate – Plough Parallel

- **Suitable for:** Course for those with their Grade 4 and working towards their Grade 5 certificate. It will develop earlier “matching” of the skis parallel.
- **Times:** 1:30pm – 2:30pm.
- **Dates:** Weekly from 2nd July to 13th August. Some variations may occur subject to demand.
- **Cost:** Junior £26 (must be paid in advance).

Playscheme (Recreational practice)

- **Suitable for:** Under 18s who can turn, stop and use the tow in control from the middle and without assistance.
- **Times:** 10:00am -12:00pm and 3:30-4:30pm (Mon to Fri).
- **Dates:** Daily on weekdays from 2nd July to 17th August.
- **Cost:** £1.25 for 1 hour or £2 for 2 hours.

Advanced 1 – Parallel

- **Suitable for:** Course for those with their Grade 5 and who can now ski parallel – working towards Grade 6 level and beyond.
- **Times:** 2:00pm to 3:30pm.
- **Dates:** TBC – Phone for details.
- **Cost:** Junior £32.50 (must be paid in advance).

Advanced 2: Race Training week courses

- **Suitable for:** Level 1 - Those already in Parallel or Race Training classes who can do strong parallel turns and are starting to carve. Level 2 - Those already in Carving or Race Training classes who can carve and are looking to improve their skills. Please ask instructors for advice on admission.
- **Times:** 11:30am to 1:30pm.
- **Dates:** TBC – Phone for details.
- **Cost:** Junior £39 (must be paid in advance).

To book a place on one of the courses, please call the Ski Centre on 01324 503835. The centre will be closed for maintenance from 18th-29th June. While we will endeavour to return any messages left, we recommend booking prior to the shutdown to avoid disappointment.

All courses must be paid in advance to confirm booking. Some classes may be subject to change depending on staffing and demand. Recreational Skiing and Private/Individual Lessons also available.

Cheques should be made payable to “Falkirk Council” and posted to Polmonthill Ski Centre, Polmonthill Farm, Polmont. Falkirk, FK2 0YE.