



COLLEGE DU LEMMAN SKI CLUB

PRE-SCHOOL SKI CLUB FOR PS3 STUDENTS

4 Wednesdays from 13:30 to 15:30

For levels up to 1st Star

Dates: 10th, 17th, and 24th, 31st January

Catch-up date (unexpected cancellation by the ESF): 2nd February

PRIMARY SKI CLUB

5 Saturdays from 12:30 to 14:30

Dates: 13th, 20th, 27th January, 3rd and 10th February

Catch up Dates (unforeseen cancellation from the ski school): 2nd & 9th March.

LEVEL DESCRIPTIONS

Piou Piou

The main objective of Club Piou Piou is to introduce children to the mountain environment and skiing in general by playing in the snow. Using the imagination of children, the aim is to take away the stress of skiing yet allowing this pedagogical concept, specific to esf, to encourage pleasure, freedom and games through the implementation of adapted and unconstrained learning.

The objectives of the Club Piou Piou are threefold:

With the first stage of Piou Piou, your child should:

- Move in the snow, on foot or on skis.
- Learn to put on and take off my skis on my own!
- Learn to discover their equipment: skis, boots,
- Make snowmen, play on sledges and take first steps on skis.

Sifflote

Sifflote helps your child descend in snowplough in a controlled movement.

Your child will be able to snowplough down a small slope.

Your child will use their first lifts.



Ourson

Your child will be 4 years old and have gone through the Club Piou Piou process or is new to skiing completely. With 'Ourson' they will start to enter the big leagues of skiing. They will be able to do many things on their own and if they follow the advice of Ourson (The Teddy Bear) and learn, they will get the medal at the end of the program. They may even follow you onto the green slopes in the resort. Your child will have to manoeuvre around small markers from left to right in a controlled manner and stop safely at the bottom.

Your child will be able to:

- Put on and take off your skis by themselves.
- Use their first ski lifts.
- Control their speed by making turns that mimic the movement of a snake.
- Move in several ways with their skis, on a small, sloped terrain.
- Slide with the skis parallel, facing the slope, and stop with a snowplough turn.
- Be autonomous.

Flocon

How your child will get their medal:

- Know how to control their speed, brake and stop.
- Descend across the slope, in a more or less straight line.
- Finally, start to slip!
- When your child has obtained the Flocon level, they will know how to:
- Knit 7 to 8 turns with the skis in snowplough and put their skis parallel to go down the slope.
- Stay balanced on their skis while doing small jumps, or skiing from one foot to the other, or even over a small bump.

First Star

Your child would have achieved the Flocon (of Snowflake) level.

They can now prepare to obtain their 1st Star. They will learn to improve balance, to knit together their turns and even make their first skids!

How your child will get their medal:

- Glide on light to medium slopes and keep balance.
- Descend in a straight line on a slight slope and take small steps to turn.



- Make several simple turns by skidding (rounded or slanted), and of course by paying attention to what is happening around them (other skiers, the terrain of the slopes).
- When your child has obtained the 1st Star level, they will know how to: Make simple turns while skidding and especially taking into account everything around them including the slope and other skiers around them.
- Keep their balance to glide on gentle and medium slopes.
- Discover their own style on sliding and slipping down the slope.

Second Star

Your child has now reached or obtained the 1st Star Level. You will now learn to overcome bumps, hollows, bends. With a little practice, you will win your 2nd Star!

How your child will get their medal:

- Go through hollow or bumpy passages, facing downhill or across, while remaining balanced.
- Take the skater's step, that is, advance on a flat track by pushing on the left leg then on the right leg.
- Knit together around ten turns on an average slope, with parallel skis, paying attention to what is happening including the slope and other skiers around them.
- Knowing how to take turns with a rounded skid.

Third Star Level

Your child will now have reached or obtained the 2nd Star Level.

With this 3rd Star your child will begin to experience superb sensations on the snow. Mastering the turns and learning how to tuck and move parallel going straight ahead is the basis for great ski adventures.

How your child will get their medal:

- Knit together several wider turns between poles, with parallel skis, paying attention to what is happening around them including the slope and other skiers.
- Master their balance in a schuss (that is, going straight down the slope) on several types of terrain: like bumps and hollows etc.
- Gain speed then brake by skidding.
- Make parallel quick slides of skids on the side, interspersed with direct descents.



Bronze Star

Your child would have now reached or obtained the 3rd Star Level.

With the Bronze Star, your child will be able to feel comfortable on any type of snow. The Gold Star is now not too far away! Your child will now experience the first real skier's course. Let's go !

How your child will get their medal:

- Your child will now be able to quickly make more turns or less tight turns, changing pace, on a course with 15 to 20 gates.
- On a piste or on landscaped skiercross type terrain, stay balanced when they are in a schuss (that is, going straight down the slope) then take off on light bumps.
- Knowing how to make turns using their poles, paying attention to what is happening around them including the slope and other skiers.
- Explore different types of snow.