

**NEW
GENERATION**
SKI & SNOWBOARD SCHOOL

**Winter
2022/2023**

Ski or Board with us in:

Avoriaz, Courchevel 1650,
Courchevel 1850, La Plagne, La Tania,
Les Arcs, Meribel, Morzine, St Anton,
Peisey Vallandry, Serre Chevalier,
St Martin de Belleville, Tignes, Val d'Iserre,
Val Thorens and Verbier.

+41 (0) 27 771 11 81

skinewgen.com



Contents

Private Lessons and Coaching 4

Children's Programme 6

Adult Level Guide 10

Performance and Adventure Series 12

Become an Instructor 14

Charitable Giving 16

**NEW
GENERATION**
SKI & SNOWBOARD SCHOOL



Who are we?

We're a team of passionate skiers and snowboarders who believe in the power of sport and individual businesses to create positive change.

We love to help people enjoy snow sports. We aim to inspire, support and develop skiers and snowboarders of all levels and abilities. Whether you're just starting or are an experienced skier looking to improve

your skills, we can help you to achieve your goals.

We design our courses and coaching to help you get the most out of your time on the slopes.

Our team of experienced instructors are dedicated to helping you progress and reach your full potential.

To book or find more information please visit:
skinewgen.com
or scan the QR code:



SCAN ME

Private Lessons

Private Ski and Snowboard lessons can help you quickly improve your skills and explore further.

With one-on-one coaching, you'll be able to learn at your own pace and receive tailored feedback specific to your needs.

Whether you're looking to make your first turns on the slopes, improve your technique, or go on an off-piste adventure, private ski lessons can help you reach your goals.



Prices

Start Times and Durations		
2 Hour Lessons	High Season	Low Season
09:00 - 11:00	300chf	265chf
11:30 - 13:30	260chf	225chf
14:00 - 16:00	220chf	185chf
3 Hours Lessons	High Season	Low Season
9:00	350chf	310chf
11:30	320chf	280chf
13:00 +	290chf	280chf
4 Hour Lessons	High Season	Low Season
9:00	450chf	400chf
11:30 +	400chf	300chf
All Day Lessons	High Season	Low Season
9:00 +	610chf	560chf

High Season: 18/12/2022 - 07/01/2023, 12/02/2023 - 25/02/2023, 02/04/2023 - 08/04/2023
Low Season: 27/11/2022 - 17/12/2022, 08/01/2023 - 11/02/2023, 26/02/2022 - 01/04/2022, 09/04/2023 - 23/04/2023

Children's Programme

Ski Lessons should inspire young skiers. We support them as they learn new skills, overcome obstacles and grow in confidence.

Our Children's programme combines a mix of technical and exploratory challenges to keep everyone engaged. We tailor every lesson to specific ability levels, focusing on helping children understand the mountain and slopes to build confidence and help them make decisions for themselves

rather than simply following an instructor.

It may seem minor, but we also designed our ski lessons to help you make the most of your incredible holiday. The longer running time means you can get out and explore in the mornings when the snow is best. So you're not stuck between having just dropped your children off and needing to pick them up again.



Whippersnappers to Proride - 4 Years Plus	
Price	500chf
Duration per day	4.5 Hours
Start Time	9:00
End Time	13:30
Min Group Size	2
Max Group Size	8
Sunday Start	90chf

Children’s Level Guide

Whippersnappers 4-5 years

No previous experience is needed to join this group. Some students may have skied before but are still focusing on learning to stop and turn unaided.

Wallabies 6-12 years

No previous experience is needed to join this group. Some students may have skied before but haven’t quite mastered the skills required for the Arrows group.

Arrows 6-12 years

To join our Arrows group, students must already be able to...

- ☒ Ski in a straight line with their skis parallel and stop using a snowplough.
- ☒ Control their speed when following their instructor on gentle slopes.
- ☒ Make snowplough turns around a series of cones on a gentle slope.
- ☒ Stop safely in their group.
- ☒ Put their skis on and take them off independently.
- ☒ Carry their skis.
- ☒ Get up on their own after a minor fall.
- ☒ Sidestep up a hill.
- ☒ Use ski lifts, either drag or chair lifts.

Bombers 6-13 years

To join our Bombers group, students must already be able to...

- ☒ Ski confidently on blue runs, linking turns while following their instructor.
- ☒ Have parallel skis at the end of the turn on a blue run.
- ☒ Lift their uphill ski for 3 seconds while traversing the slope on a blue run.
- ☒ Carry and understand the basic use of their ski poles.
- ☒ Straight slide on a box.
- ☒ Ski backward in a snowplough.
- ☒ Link bunny hops when traversing.
- ☒ Confidently land a series of small jumps.

Rockets 8-14 years

To join our Rockets group, students must already be able to...

- ☒ Link 6 parallel turns, choosing their line and managing their speed on a blue run.
- ☒ Ski confidently on red runs linking turns while following an instructor.
- ☒ Traverse across small bumps/moguls absorbing the bumps.
- ☒ Sideslip diagonally or vertically down the hill.
- ☒ Do a hockey stop.
- ☒ Perform a 180 flat-spin on a green run.
- ☒ Understand how to overtake other skiers safely and know who has the right of way.

Freeride 9-14 years

To join our Freeride group, students must already be able to...

- ☒ Ski black runs confidently and in control with an instructor.
- ☒ Make short radius, skidded turns with a pole plant on red runs.
- ☒ Make linked carved turns on green slopes.
- ☒ Ski comfortably on varied terrain, including bumps, powder, crud and ice.
- ☒ Pop or Olly.
- ☒ Explain accident procedures and how to get help.
- ☒ Jump onto a box, straight-line slide and then jump off the box (5050 box slide).

Proride 10-17 years

To join our Proride group, students must already be able to...

- ☒ Make linked carved turns on a blue run. Controlling speed with turn shape.
- ☒ Ski varying radii of turn shape, controlling speed on blues and reds.
- ☒ Link a series of short turns getting grip from the fall line on red slopes.
- ☒ Link turns in choppy, bumpy and sometimes deep snow.
- ☒ Ski linked parallel turns backwards (fakie/ switch).
- ☒ Hit small natural drops, spot the landing and ski out.
- ☒ Ski skidded linked medium radius turns through a mogul field.
- ☒ Lead the group on reds making decisions on speed, turn type and safety.

Adult Level Guide

Level 1

This is your first time or you're still working on stopping and turning. You may have had lessons in the UK but have not yet skied from top to bottom of the slope you've been practising on.

Level 4

You're consistently skiing parallel on groomed red runs. When the slopes get steeper or chopped up, you struggle to maintain a consistent rhythm, often letting the piste dictate where you turn.

Level 2

You can stop, and link snowplough turns competently on green runs. You're comfortable using drag or chairlifts. If you've had lessons in the UK you can ski confidently from the top to the bottom of the slope.

Level 5

You're happy skiing all marked pistes with your skis parallel. Variable and steep terrain slows you down and can throw you off balance, but it doesn't stop you. You want to explore further, build confidence and start skiing off-piste.

Level 3

You're comfortable on blue runs. Your skis are normally parallel on greens and easy blues and only revert to a snowplough on steep and trickier terrain.

Level 6

You're happy skiing everywhere in varying conditions, on or off-piste, on steep slopes or in the bumps. Your main focus is performance and adventure.



Off-Piste Level Guide

Level 1

You've not skied off-piste before. You may have ventured outside of the piste markers, but more often than not, this doesn't go to plan. You're primarily working on linking turns in variable conditions.

Level 3

You can confidently ski off-piste on steeper slopes (red gradient). You've several weeks off-piste experience and a basic understanding of avalanche safety and rescue. You're confident in variable snow and can link turns at a consistent speed and turn shape.

Level 2

You've got a little experience skiing off-piste, often at the side of or between runs. You can link turns in variable or light-powder snow. Most of your off-piste skiing has been on slopes no steeper than a blue.

Level 4

You're confident skiing or snowboarding off-piste in all conditions and terrain, including steep, and narrow couloirs. You ski fluidly in almost all snow types and actively seek challenging terrain and snow conditions.

You understand off-piste safety procedures and practise regularly with avalanche safety equipment.

Performance and Adventure Courses

There's nothing quite like reaching new horizons and learning new skills. It's a feeling that's even better when shared with friends.

Our Performance and Adventure courses are the perfect way to explore further and unlock new terrain.

Resort Explorer and Technique Tune-Up

Start your week by tapping into a local ski instructor's knowledge to get the most out of your holiday.

Minimum Level:
Adult Ski Level 5
Duration:
3 Hours
Price:
100chf

What you'll cover:

- Learn which runs to ski and when. Your instructor will give tips on finding the best snow and avoiding crowds.
- Get quick tips to fine-tune your technique and ensure you hit the slopes confidently.



Novice Off-Piste

An introduction to off-piste skiing for competent on-piste skiers who have never or rarely skied off-piste before.

Minimum Level:
Adult Ski Level 5 and Off-Piste Level 1
Duration:
3 Hours
Price:
100chf

What you'll cover:

- What avalanche safety equipment is and how to use it.
- Basic avalanche search and rescue techniques.
- On-piste exercises and drills to develop the skills essential for off-piste skiing.
- The skills needed to ski the current snow conditions.
- An introduction to reading terrain to pick a safe route of travel off-piste.

Intermediate Off-Piste

A day of off-piste skiing and adventure for those with some experience skiing off-piste.

Minimum Level:
Adult Ski Level 5 and Off-Piste Level 2
Duration:
6 Hours
Price:
180chf

What you'll cover:

- A brief refresher on avalanche safety equipment.
- How to dig a snow pit.
- How to interpret the snow pit, what to look out for and what it means.
- The skills needed to ski in the current conditions.
- Skiing and exploring fun, accessible off-piste terrain.
- How to use your turn shape to control your speed.
- How to pick and ski your line.
- How to ski safely off-piste.
- How to manage a group.
- Where to stop and regroup safely.
- How to choose lines to minimise exposure.





Go Deeper

Go further and get qualified with our residential Off-Piste, Performance and Ski Instructor Training Programmes.

Our ProRide and Performance Programmes are the perfect springboard to take your passion for skiing to the next level.

But if you love skiing and find that a week a year isn't enough to stop you sitting at your desk daydreaming about your next trip, then our residential programmes are the perfect solution.

With courses varying in length from a week to an entire season, we can help you find the perfect programme to pursue your passion.



Become an Instructor

For many, becoming a ski instructor is the ultimate goal. And with New Generation Ski School, it's easier than ever to make that dream a reality.

With locations in some of the world's most beautiful and sought-after ski resorts, our courses offer the perfect setting for those who want to share their passion for skiing with others.

You'll receive extensive training from some of the best coaches in the business, live in the best ski resorts in Europe, meet people from all over the world and have the time of your life.

We are committed to helping our instructors grow and develop their careers. So if you're looking for an opportunity to turn your passion for skiing into a career, chat to one of the team today.

Focus on Adventure

Everyone should have the opportunity to explore and take their skiing further. That's why we offer a variety of off-piste, performance and adventure courses.

Whether you're an experienced skier or making your first turns away from the pistes, we have a course that's perfect for you.

Our performance courses are an opportunity to challenge yourself and push your boundaries. You will experience some of the most beautiful scenery in the world, meet like-minded people and make lifelong friends.

Depending on the programme you choose you can also earn formal qualifications and even UCAS points if you're heading to University.

For more information about our residential courses, please visit:
instructorcourses.skinewgen.com
or scan the QR code:



SCAN ME

We saved the best for last

We often forget how lucky we are to live and work in this incredible environment.

When we worry about having enough water, it is to supply the snow cannons. When we worry about nutrition, we often focus on how many fondues are too many. When we end up in the pharmacy, it is generally just for sunburn.

It's easy to get caught up in the moment and forget the vast majority aren't as lucky as we are.

We can't change the world alone, but with your help, we can make a small impact.

For every hour of coaching we deliver in the 2022/2023 ski season. We're going to give:

- Access to clean water for a day to a family in Malawi or Kenya
- One dose of medicine for a range of illnesses and infections to a nursery school child in Ethiopia
- One day's worth of vitamin supplements to a child in Northern Kenya to help prevent blindness due to their restricted diet

These minor impacts help children grow into healthy young adults. Giving them a better chance in life. And, hopefully, one day, the opportunity to experience everything we take for granted.



For more information about this project and our other initiatives, please visit:

skinewgen.com

or scan the QR code:



SCAN ME

**NEW
GENERATION**
SKI & SNOWBOARD SCHOOL

+41 (0) 27 771 11 81

skinewgen.com