

COURSE	TYPE	DAY	TIME	DATES
ADULT				
A5	6 Hour Beginner	Thur Tues Thur	18.30 - 20.30	5 th 10 th 12 th January
A6	6 Hour Beginner	Tues Thur Tues	19.30 - 21.30	17 th 19 th 24 th January
A7	6 Hour Beginner	Thur Tues Thurs	19.30 - 21.30	26 th 31 st January 2 nd February
SD9	4 Hour Beginner Day	Sat	10.00 - 3.00	17 th December
SD10	4 Hour Beginner Day	Sun	10.00 - 3.00	18 th December
SD11	4 Hour Beginner Day	Sat	10.00 - 3.00	7 th January
SD12	4 Hour Beginner Day	Sun	10.00 - 3.00	8 th January
SD13	4 Hour Beginner Day	Sat	10.00 - 3.00	21 st January
SD14	4 Hour Beginner Day	Sun	10.00 - 3.00	22 nd January
SD15	4 Hour Beginner Day	Sat	10.00 - 3.00	28 th January
SD16	4 Hour Beginner Day	Sun	10.00 - 3.00	29 th January
SD17	4 Hour Beginner Day	Sat	9.30 - 2.00	4 th February
SD18	4 Hour Beginner Day	Sun	10.00 - 3.00	5 th February
JUNIOR COURSES				
J3	6 Hour Beginner	Sun	3.00 - 5.00	8 th 15 th 22 nd January
J4	6 Hour Beginner	Thur Tues Thur	18.30 - 20.30	5 th 10 th 12 th January
JD7	4 Hour Beginner Day	Sun	10.00 - 3.00	15 th January
JD8	4 Hour Beginner Day	Sun	10.00 - 3.00	29 th January
JD9	4 Hour Beginner Day	Sun	10.00 - 3.00	5 th February
CHILDRENS COURSES				
CH4	6 Hour Beginner	Sun	3.00 - 5.00	8 th 15 th 22 nd January
CH5	6 Hour Beginner	Thur Tues Thur	18.30 - 20.30	5 th 10 th 12 th January
CH6	6 Hour Beginner	Sat	10.00 - 12.00	14 th 21 st 28 th January

**All Skiers must wear gloves or mitts
(These are not supplied by the Centre)**

Course Fees:

Adults £65 - 6 hours of tuition (including equipment)
U16 £55 - 6 hours of tuition (including equipment)
SKI DAY £65 - 4 hours of tuition (including equipment and lunch)

Bookings/Enquiries : Tel 02838 326606

email - golfski@craigavon.gov.uk

web - www.craigavonactivity.org

Ski Course Information

Age Categories

Bairns	(BNS)	age 5 - 7
Children	(CH)	age 8 - 11
Juniors	(JNR)	age 12 - 15
Adults	(AD)	age 16 +

BEGINNERS COURSE (BEG) (3 x 2 hour lessons)

These courses are for complete beginners and will cover:

- ❖ an introduction to equipment
- ❖ movement and exercise on flat terrain
- ❖ side stepping and straight running (schuss with exercise)
- ❖ Introduction to snowplough
- ❖ snowplough turns (basic)
- ❖ use of ski tow.

IMPROVERS COURSE (IMP) (3 x 2 hour lessons)

Skiers must be able to perform basic linked plough turns and use the ski tow. The courses will develop control of speed and direction through:

- plough turning exercises
- maintaining good posture and balance.
- Introduction to independent leg movement
- developing basic swing skills.

INTERMEDIATE COURSE (INT) (3 x 2 hour lessons)

This course is designed to take the skier from good basic swing movement into parallel skiing. Attention will be given to good posture and balance, necessary to develop skilful parallel skiing (basic).

INTRODUCTION TO SKI COURSE (1 x 2 hour lesson)

This is a 2 hour introduction to skiing

- ❖ an introduction to equipment
- ❖ movement and exercise on flat terrain
- ❖ side stepping and straight running (schuss with exercise)

SKI IN A DAY COURSE (1 x 4 hour lesson)

This course covers all of the content of the Beginners Course but condenses the instruction in 1 day (4 hours). This is best suited to those who are travelling longer distances and includes a lunch.

To book a place on any of the ski courses then tel:02838 326606

Please note that a booking can only be accepted upon receipt of full payment.
Booking conditions apply