

SNOWBOARD COURSES 2012

TYPE	COURSE	DAY	TIME	DATES
BOARD DAY	SBD3	SAT	9.30 – 2.00	14 th January
BOARD DAY	SBD4	SUN	10.00-3.00	22 nd January
BOARD DAY	SBD5	SAT	9.30 – 2.00	4 th February
6 hour course	SB3	tues thur tues	7.30 – 9.30	17 th 19 th 24 th January

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

Course Fees

Adults £65 – 3 x 2 hours of tuition including equipment
 U16 £55 – 3 x 2 hours of tuition including equipment
 Board day £65 – 1 x 4 hours of tuition (including equipment and lunch)

Bookings/Enquiries :
 Tel 02838 326606
 email – golfski@craigavon.gov.uk
 web – www.craigavonactivity.org

Snowboard Course Information

Courses Run : 3 x 2 hour lessons
Snowboard day course : 1 x 4 hours lesson (lunch inc)

Please note minimum height restriction on juniors is 150cm high this relates to equipment issue

Beginners Course

These are for complete beginners and will cover:

- ❖ an introduction to equipment
- ❖ movement and exercise on flat terrain
- ❖ scooting on the flat
- ❖ straight running
- ❖ side/slipping toe and heel edge
- ❖ diagonal side slipping toe and heel edge
- ❖ falling leaf toe and heel edge
- ❖ garland turns
- ❖ use of ski tow

Improvers Course

These courses are for those who have completed a Beginners Course, have several sessions of practice and who want to improve their snowboarding skills. This course will cover:

- Improving stance
- Improving control
- Linked turns
- Reading the slope

Snowboard in a day Course

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 snowboard courses then telephone:
02838 326606

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