

ESF LEVELS

Children ski	Adult ski	Snowboard (kids and adults)
<p>Beginner (Ourson/Little Bear) For children who have never skied before, or who have the 'Piou Piou'. The lessons begin in the snowgarden – a safe, enclosed area, where they can learn to do a snowplough. Once they can slow down and stop, they go out on the main slopes.</p>	<p>Beginner For people who have never skied before. As a complete beginner, you will learn the basics and make steady progress. You get a solid technique, which will be the foundation of a lifelong enjoyment of skiing.</p>	<p>Beginner For people who have never snowboarded before. You will learn the basic skills, so as to control your descent on green and blue runs. Learning a sound technique will give you confidence on easy slopes.</p>
<p>Flocon (Snowflake) For children with the Ourson level. After a warm-up in the snowgarden, they will go out on the main slopes, beginning with the easiest green runs. By the end of the week, they learn to bring the skis parallel at the end of each turn.</p>	<p>Class 1 For people who have done one week of skiing, and can ski green runs. You will develop from snowplough turns towards basic parallel turns. Greater control means feeling more relaxed while skiing.</p>	<p>Class 1 For people who have done one week's boarding, and can make front and back side turns on easy slopes. You will improve your technique, and vary your turns. The first freestyle elements will be introduced.</p>
<p>1st Star For children who can snowplough and turn on green runs. By the end of the week, they should be able to bring their skis parallel by the half-way point of each turn (when the skis are in the fall-line).</p>	<p>Class 2 For people who can make parallel turns on blue runs, but don't feel completely confident on red runs. You will improve your parallel turn on steeper slopes, become more at ease at speed, and make turns at different rhythms.</p>	<p>Class 2 For people who have 2-3 weeks' experience, and can board in control on red runs. This week, you'll snowboard in different snow conditions, and learn a higher level of freestyle.</p>
<p>2nd Star For children who ski confidently on easy slopes. By the end of the week, they should ski almost completely parallel (just a slight plough at the start of the turn is accepted in the test), and be able to side-slip.</p>	<p>Class 3 For people who have skied for at least 5 years, and can turn parallel on all types of slope. In this class, you'll improve your technique, so as to ski different snow conditions, very steep slopes, and moguls.</p>	<p>Class 3 For experienced boarders (about 5 weeks), who want to improve their technique. You will correct any faults, perfect your technique on the flat, and reach a higher level in freeride and freestyle.</p>
<p>3rd Star For children who ski more or less parallel on blue runs. They will learn to ski different terrain and conditions, and control their speed on red runs.</p>	<p>Class 4 – Off piste For people who can ski black runs, make short turns on steep slopes, and who feel confident in all snow conditions. In this class, you can discover the most challenging skiing and the best slopes. (Three Valleys lift pass extension may be required, your instructor will advise).</p>	<p>Class 4 For high-level boarders. Discover the finest places to ride, and learn from the ski school's best boarders, who will give you their top tips on style and tricks.</p>

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<p>Bronze Star For children (from 6 years old) who can ski parallel. They will improve their technique, learn to do short turns, and there'll be a gentle introduction to giant slalom.</p>	<p>Class 4 – Competition For people who have at least the <i>fleche de bronze</i>. Slalom and giant slalom training. The chamois and fleche (slalom and giant slalom) tests are included in the course fee.</p>	
<p>Gold Star For children (from 6 years old) who are comfortable skiing fast, and on red and black runs. This week, they will learn more technique, including moguls and giant slalom. The test at the end of the week is a timed giant slalom.</p>		