

CHILDREN'S LEVEL FINDER



Your age	Your experience	Your level is...	Your goals are...
3-4	Never skied	Snow Bear	Use a magic carpet or drag lift, find your balance on skis, walk with skis on
5+	Never skied or a few hours	Brown Bear	Snowplough on green runs, use drag lifts & chair lifts
5+	1 week skiing, can snowplough	Polar Bear	Snowplough turns on green and easy blue runs
5-12	2-3 weeks skiing, can snowplough turn	1st Ski	Snowplough turns and bringing skis together in parallel on blue runs
5-12	3-5 weeks skiing, starting to parallel	2nd Ski	Parallel turns on blue runs, first red runs, introduction of ski poles, good skiing position
5-12	5-7 weeks skiing, can parallel turn on blue runs	3rd Ski	Parallel turns on blue and red runs, small and large linked turns, introduction to mogul skiing
8+	Linked turns on bumpy runs	Bronze	Comfortable on red runs, first black runs, freestyle and snowpark
10+	Steady skier on all types of runs	Silver	Good skier in all snow conditions and all types of runs, freestyle
10+	Good skier on all types of runs	Gold	Freeride and off-piste skiing
12-16	Gold level skier comfortable in all conditions and on all types of runs	Pro Rider	Weekly programme: freestyle, freeride, snowpark, timed races, border cross

For teenagers, the age we indicate is approximate and meant to help guide you. Between 8 and 18 years old, we'll do our best to offer the most suitable option for your teen in terms of level and group atmosphere, placing them either in a Pro Rider group or in an adult group.

For logistical reasons, in Meribel Snow Bear lessons are only available from 4 years old and Brown Bear lessons from 6 years old.

In Val Thorens and Les Menuires, children's group lessons begin at Brown Bear level (from age 5).

In La Rosière, children's group lessons start from Ours Blanc level (5+ years).

We offer private lessons for children aged 2 and over.

ADULT SKI & SNOWBOARD LEVEL FINDER



ADULT GROUP SKI LESSONS

AGE 13+

Your experience

Never skied or a few hours

Snowplough turns

2-4 weeks skiing, simple parallel turns

5+ weeks skiing, good parallel turns

Very good parallel turns and moguls

Little or some off-piste experience

Your level is...

Discovery

Level 1

Level 2

Level 3

Level 4

Steep & Deep

Your goals are...

Can ski all green runs and easy blues

Bringing skis together in parallel on blue runs

Parallel turns on all blue runs and easy reds

Comfortable on red runs and first black runs

All terrain skiing

Build confidence and skills off-piste

SNOWBOARD GROUP LESSONS

AGE 8+*

Your experience?

Never snowboard of a few hours

Confident on green and blue runs

Confident on blue runs

Confident on red runs

Good snowboarder on all types of terrain

Your level is...

Learn to ride

Bronze

Silver

Gold

Expert

Your goals are...

Boarding on green and blue runs

Confident on blue runs and snowpark initiation

Confident on red runs and small/medium kickers in the snow park

Master different snow conditions both on and off-piste

Master the board on all types of terrain and in the air at different speeds

* In Serre Chavalier, snowboard group lessons start at age 3+.
In Tignes, snowboard group lessons start at age 5+.