



## BUMPS FOR BOOMERS

This program is designed for "Boomers" who want to ski moguls at their rate of speed.

Who should take this program?

- Intermediate level plus skiers.
- Boomers who have skied various terrain but avoided the moguls.
- Boomers who want to become better overall skiers.

## LEARN TO SKI THRU THE DIRECT PARALLEL METHOD

This class is offered to never-evers, beginners, and beginning intermediates. It will introduce you to an exciting method of instruction which will enable you to learn parallel skiing in a shorter period of time.

Who will benefit from taking this course?

- Those who have never skied before.
- Those who have not been able to move out of the wedge.
- Those who want to begin parallel skiing.
- Those who may need a confidence booster.
- Those who have not skied for a period of time and wish to update their skiing ability.

## LEARN TO BE A SKI INSTRUCTOR

The Instructor Training Program is created for intermediate to expert skiers who would like to become ski instructors or just improve their skiing skills.

The course consists of 32 hours of instruction with an on-the-snow examination that is optional. The student will be taught to instruct classes according to the American Teaching System as approved by the Professional Ski Instructors of America (PSIA).

Who should take the Instructor Training Program?

- Those who want to become a ski instructor.
- Those who want to improve their skiing skills.
- Those affiliated with ski clubs and organizations who want to enable themselves to promote interest in skiing and help club members fully enjoy their skiing experience.
- Sponsors of school clubs.
- Those who want to gain a clearer understanding of skiing techniques.

## SKILL ADVANCEMENT

This course is a high impact program designed to improve and broaden your skiing capabilities and skills. If you are in any of the following categories, this course is for you! Beginner to advance skiers who would like to improve their skiing techniques.

- Those whose skiing has reached a plateau and desire to advance to the next level.
- Those who would like to increase turning ability and ski more aggressively.
- Those who desire to learn to: ski bumps, handle all types of conditions and terrain, increase speed with control, develop rhythmic turning, and ski with confidence.
- There will be several classes with this category. Students will be grouped according to ability.

## BUMP & RUN

This program is designed for the advanced to expert skier and will consist exclusively of racing and skiing moguls (bumps).

What type of skier should take this course?

- Those who are physically fit and an advanced skier.
- Those who want to develop more power in their turns and refine their movement patterns.
- Those who want to improve their overall performance in racing and mogul skiing with finesse, strength and balance.

## TELEMARK SKI

The Seven Springs Snowsports School is excited to offer Nordic instruction. This course is perfect for first timers to develop balance and is also a great cross-over sport for those skiers who are already involved in Alpine skiing.

Who will benefit from taking this course?

- Those who want to learn Telemark skiing.
- Those who desire to expand their snowsports experience.
- Those who want to learn about back country exploration.

## SNOWBOARDING

Who should take this course?

- Beginners
- Those who want to improve their riding skills in the Parks and Half Pipe.
- Those who wish to become snowboard instructors.



**SEVEN SPRINGS SNOWSPORTS SCHOOL PRESENTS...  
PREMIER SKI PROGRAMS BY STEVE BURNS**

**BUMPS FOR BOOMERS    LEARN TO BE A SKI INSTRUCTOR    LEARN TO SKI THRU THE DIRECT PARALLEL METHOD  
SKILL ADVANCEMENT    BUMP & RUN    TELEMARK SKI    SNOWBOARDING**

**WHEN**

REGISTRATION: Saturday, January 7, 2012 - 9:00 a.m. in the Ski Lodge  
 JANUARY CLASSES: January 7 & 8, 14 & 15, 21 & 22, 28 & 29, 9:00 a.m. to 2:00 p.m.

REGISTRATION: Sunday, February 5, 2012 - 9:00 a.m. in the Ski Lodge  
 FEBRUARY CLASSES: February 5, 12, 19, & 26, 9:00 a.m. to 2:00 p.m.

**WHERE** Seven Springs Mountain Resort

**COST**

JANUARY CLASSES: \$420.00 (A \$25 discount will be given if paid by December 24, 2011.)  
 FEBRUARY CLASSES: \$210.00

Class size will be limited to 8 students or less. Prices do not include lift ticket or rental equipment.

FOR MORE INFORMATION, PLEASE CONTACT:

Seven Springs Snowsports School  
 814-352-7777 or 800-452-2223  
 Extension 7000  
 www.7springs.com

Steve Burns  
 Program Coordinator  
 Seven Springs Ski School  
 724-379-8581 or 412-848-5764

LOOKING FOR A SPECIAL GIFT? Select one of these ski school programs . . . you need not worry about the size, color, or style, it will fit any skier and is sure to please. We will provide a gift certificate.

**CIRCLE THE PROGRAM IN WHICH YOU WISH TO ENROLL**

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**PLEASE PRINT**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_

Registration: Online, Phone, Mail or at the Desk on Registration Day

Type of Payment \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_ Cash \_\_\_\_\_

Credit Card # \_\_\_\_\_ Signature \_\_\_\_\_

Expiration Date \_\_\_\_\_

Make checks payable to Seven Springs Snowports School.