



## Classification Ski

A

What I already know: The difference between the left and right shoe  
What I'm going to learn: ski habituation, gliding, sliding, stop, snowploughturns, taking lifts.

B

What I already know: Level A  
What I'm going to learn: plough wrestling, diagonal skiing with parallel skies, safely using the lift, skating technique

C

What I already know: Level B  
What I'm going to learn: parallel turns, waltz, basic air

D

What I already know: Level C  
What I'm going to learn: carving, short turns, easy slope tricks, jump versions

Free  
Ski

What I already know: Level D  
What I'm going to learn: slope tricks, park, big air and pipe

Telemark

Information and registration at HP Birchler  
hpbirchler@switzerland.net, Phone 079 602 17 17

**Ski courses for mentally disabled people:** children from 10 years, young people and adults

What I already know: Level A

What I'm going to learn: A program based on the individual capability trough trained staff.

**Classes:** If there are more than 4 adult registrations we will provide a separate class. However, this cannot be guaranteed for beginner courses