

#loveteaching



Book now!

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www.eskimos.ch
info@eskimos.ch

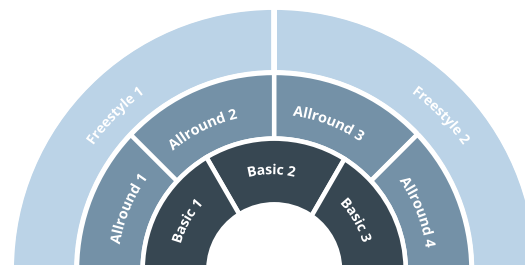
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ESKIMOS SKI SYSTEM

We have developed the unique ESKIMOS ski system to simplify the choice of lessons for our guests. It is built like an igloo.

The three Basic lessons are the igloo's fundament. Beginners can learn how to ski controlled in a safe way and intermediate beginners can optimise their skills. Those who want to fly high can look up to the roof of the igloo, to the 4 Allround and the 2 Freestyle lessons. Advanced skiers can perfect specific techniques in these lessons and reach for the stars.



Basic 1

Breaking and stopping
Changing direction in snowplough
Using the lift
Introduction crossing the slopes
in parallel
Information about FIS-Code

Basic 2

Crossing the slopes in parallel
Weight and unweight movement
Introduction parallel turn
Introduction turning on edges of ski
Skiing on red slopes

Basic 3

Parallel turn on red slopes
Safe turns on red slopes
Introduction carved turn on blue slopes
Introduction steep terrain
Parallel stop

Allround 1

Advanced parallel turn on red slopes
Varying size turns on red slopes
Advanced carved turn on blue slopes
Introduction fakie skiing on
blue slopes
Introduction short turn on red slopes

Allround 2

Short turn on red slopes
Introduction carved turn on red slopes
Advanced fakie skiing
Introduction slope tricks
Introduction short turn on moguls

Allround 3

Carved turn on red slopes
Introduction short turn on black slopes
Introduction mogul short turn
Advanced parallel turn on black slopes
First jumped 180° on the slopes

Allround 4

Advanced short turns on moguls
Advanced carved turn on red slopes
Varying size of carved turns
Safe skiing on varying terrain
Performance in every terrain

Freestyle 1

Introduction jumps on kickers
Advanced fakie skiing
Safety rules in the park
Introduction slope tricks
Introduction boxes and rails

Freestyle 2

Advanced slope tricks
Introduction jumps with rotation
on kickers
Special on- / off-jumps boxes/rails
Safe landings
Advanced tricks and airs



SKI ADULTS



DISCOVERY LESSON

1 day x 2h
SUN
2:00pm – 4:00pm
CHF 35.—*
4 – 6 persons

GROUP LESSONS

5 days x 2½h
MON – FRI
9:30am – 12:00pm
CHF 255.—*
4 – 6 persons

STEPS GROUP LESSONS

1 day x 3h
SUN, MON, TUE, WED or THU
1:00pm – 4:00pm
CHF 85.—*
4 – 6 persons

FAMILY PACKAGE

5 days x 2½h
MON – FRI
9:30am – 12:00pm
Individual levels
CHF 999.—
2 adults and 2 kids

PRIVATE LESSON

Individual booking
CHF 85.— / hour
Price for 1 – 2 persons**
More information on page 13

SEVERAL-DAY PRIVATE LESSONS

Individual booking, 2½h each
From CHF 605.— for 3 days
From CHF 988.— for 5 days
Price for 1 – 2 persons**

PREMIUM PRIVATE LESSONS

5 days x 6h
Pick up service and video included
CHF 2'340.—
Price for 1 – 2 persons**

CHOOSE YOUR SKI RESORT

Lessons with ESKIMOS in
the ski resort of your choice!
From CHF 492.— / day
Price for 1 – 2 persons**

* All prices with SaastalCard.

** More persons are possible for an extra charge.

ESKIMOS SKI SYSTEM KIDS

We have developed the unique ESKIMOS ski system to simplify the choice of lessons for our guests. It is built like an igloo.

The lessons Park, Penguin, Seal and Polar Bear are the igloo's fundament. Beginners can learn how to ski controlled in a safe way and intermediate beginners can optimise their skills. Those who want to fly high can look up to the roof of the igloo, to the four Allround and the Your Choice! lessons. Advanced skiers can perfect specific techniques in these lessons and reach for the stars.



Park



Walking and moving around on skis
First runs in the kids park
Speed control and stopping
Introduction to turning
Introduction to the magic carpet

Penguin



Snowplough turns
First runs on blue slopes
Using the lift
Crossing the slopes parallel
Behaviour on the slopes (FIS-Code)

Seal



First time change of direction in parallel
Introduction parallel turn on blue slopes
Safe skiing on blue slopes
Introduction carving while crossing the slopes

Polar Bear



Advanced parallel turn on blue slopes
First carved turns
Introduction parallel turn on red slopes
Weight and unweight movement
Parallel stop

Allround 1

Advanced parallel turn on red slopes
Introduction carved turn on blue slopes
Introduction short turn on blue slopes
Introduction fakie skiing on blue slopes

Allround 2

Introduction short turn on red slopes
Advanced carved turn on blue slopes
Introduction parallel turn on black slopes
Advanced fakie skiing
First slided 180°s on the slope

Allround 3

Introduction carved turn on red slopes
Advanced short turn on red slopes
Introduction mogul short turns
Master easy moguls
Advanced parallel turns on black slopes
First jumped 180°s on the slopes

Allround 4

Advanced mogul short turn
Advanced carved turns on red slopes
Varying size of carved turns
Safe skiing on varying terrain
Performance in varying terrain

TEENS - Your Choice!

Your Choice! is the ski lesson for all young skiers up to 18 years who know what they want. In this week it is all about freestyle, freeriding, racing techniques and a lot more fun stuff.

You and your peers decide the content of this ski lesson together with your coach.
Enjoy massive riding and cruising with style.



SKI KIDS



DISCOVERY LESSON

From 4 years
5 days x 2½h
SUN
2:00pm – 4:00pm
CHF 35.—*
4 – 6 kids

GROUP LESSONS

From 4 years
5 days x 2½h
MON – FRI
9:30am – 12:00pm
CHF 255.—*
4 – 6 kids

FAMILY PACKAGE

5 days x 2½h
MON – FRI
9:30am – 12:00pm
Individual levels
CHF 999.—
2 adults and 2 kids

PRIVATE LESSON

Individual booking
CHF 85.— / hour
Price for 1 – 2 kids**
More information on page 13

SEVERAL-DAY PRIVATE LESSONS

Individual booking, 2½h each
From CHF 605.— for 3 days
From CHF 988.— for 5 days
Price for 1 – 2 kids**

PREMIUM PRIVATE LESSONS

5 days x 6h
Pick up service and video included
CHF 2'340.—
Price for 1 – 2 kids**

* All prices with SaastalCard.

** More kids are possible for an extra charge.

SKI SUPER MINIS



LEARN TO SKI AT AN EARLY AGE

FROM 3 YEARS

For the youngest we offer our SUPER MINIS group lessons in peak weeks. A SUPER opportunity for our little ones to learn to ski at an early age. Together with children of the same age, without any pressure, the kids learn the technique step by step in safe and child-friendly environment.

Monday - Friday 10:00 - 12:00 am
(incl. toilet- and tea break)

CHF 200.—*
min. 4 children, max. 6 children

DATES

26.12. – 30.12.2022
02.01. – 06.01.2023
06.02. – 10.02.2023
13.02. – 17.02.2023
20.02. – 24.02.2023
27.02. – 03.03.2023
27.03. – 31.03.2023
03.04. – 07.04.2023
10.04. – 14.04.2023

LEVEL

Mini Park (beginner)

*Price with SaastalCard. Without SaastalCard CHF 210.—

SPECIALS



WHOLE SEASON

Family Hit

4 Family members
4 x Group lessons of 2½h
at 5 days
& 4 ESKIMOS beanies
CHF 999.—

Regular Guests Special

CHF 5.— discount* at the ESKIMOS
shop for all regular guests
*min. purchase CHF 50.—

DECEMBER

12.12.2022

ESKIMOS Season Opening

10% on all products @ESKIMOS shop

24.12.2022

Merry X-Mas ESKIMOS

CHF 5.— discount* on all ESKIMOS
shop items

*min. purchase CHF 20.—

JANUARY

09.–13.01.2023

Ski / Snowboard & Spa

Book a 3h private lesson in the after-
noon and get a free spa voucher!

FEBRUARY

30.01.–02.02.2023

Superdeal

15% discount on 3x3h private lessons
in the afternoon

MARCH

13.–17.03.2023

Video Analysis

All private lessons from 3h and
upwards get a free video analysis!

APRIL

10.–14.04.2023

«Crazy» Season End Offer

Turn the ESKIMOS wheel and get your
discount @the ESKIMOS shop!

SSBS RIDERSYSTEM

Our snowboard group lessons are based on the RiderSystem of the SSBS.

The RiderSystem is the high quality system of 30 Swiss snowboard schools, who have decided to offer snowboard lessons exclusively through professionally educated snowboard instructors adhering to strict quality rules.



RIDERSYSTEM

Basic 1

Getting used to your board
Diagonal sliding and traversing
Changing direction with the basic turn
Braking and stopping
Using skilifts

Basic 2

Confidence in curving
Introduction to turning by weighting and unweighting the board
360° slope spin
Short fakie runs
Increased performance on easy slopes

Basic 3

Extension and flexion turns
Swivel turns
Changing direction using the edges of the board
First jumps and ollies
Increased performance on moderately easy slopes

Allround Rider 1

Introduction to carving
Swing styles using the edges of the board
Steep slope swings
Open country jumps
Fakie runs
Piste jumps

Allround Rider 2

Dynamic carving
Carving on steep slopes
Riding on very steep slopes
Swing variations
Carving swing styles
Straight jump variations

Freestyle 1

Swing styles using the edges of the board
Fakie runs
Nose- and tail turns
Ollies, slope jumps and 180°
Introduction to rails and boxes
Introduction to straight airs and save landing

Freestyle 2

Carving swing styles
360°
Advanced rails and boxes
Advanced airs, grabs and rotations

Carve & Speed Roadster

Introduction to carving
Extension and flexion turns
Short steep slope turns
Piste jumps
Fast runs of between 50 and 70 km/h

Carve & Speed Dragster

Dynamic carving
Acceleration turns
Carving on steep slopes
Boardercross
Fast runs at 70km/h and more



SNOWBOARD ADULTS AND KIDS



DISCOVERY LESSON

From 6 years
1 day x 2h
SUN
2:00pm – 4:00pm
CHF 35.—*
4 – 6 persons

GROUP LESSONS

From 6 years
5 days x 2½h
MON – FRI
9:30am – 12:00pm
CHF 255.—*
4 – 6 persons

FAMILY PACKAGE

5 days x 2½h
MON – FRI
9:30am – 12:00pm
Individual levels
CHF 999.—
2 adults and 2 kids

PRIVATE LESSON

Individual booking
CHF 85.— / hour
Price for 1 – 2 persons**
More information on page 13

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From CHF 605.— for 3 days
From CHF 988.— for 5 days
Price for 1 – 2 persons**

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5 days x 6h
Pick up service and video included
CHF 2'340.—
Price for 1 – 2 persons**

CHOOSE YOUR SKI RESORT

Lessons with ESKIMOS in
the ski resort of your choice!
From CHF 492.— / day
Price for 1 – 2 persons**

* All prices with SaastalCard.

** More persons are possible for an extra charge.

SNOWBOARD SUPER MINIS



YES, CHILDREN CAN LEARN TO SNOWBOARD IN THIS AGE

FROM 3 YEARS

LESSON

As first devise or as alternative of skiing both is possible, as long as they are keen to learn to snowboard. Different techniques are needed to teach young kids, with a more hands-on approach to help them with coordination and balance.

from 1h and more

incl. toilet- and tea break

from CHF 85.—

1 - 2 Persons

3 – 5 years old:

In this age we recommend private lessons with an instructor for beginners or shared private lessons.

6 years & older:

Depending on the level we offer group lessons with max. 2 - 3 children in the same level. For best learning results we recommend as well for this age private lessons.

We will give you advice on what we suggest best for your child.

EQUIPMENT

kids snowboards from 70cm & kids shoes from shoe size 24 in our shop in Saas-Fee

Snowboard from CHF 19.—

Boots from CHF 13.—

SKI & SNOWBOARD PRIVATE LESSONS



THE BEST WAY TO IMPROVE YOUR SKILLS IS WITH YOUR PERSONAL PRIVATE INSTRUCTOR

1 DAY*

1h	CHF	85.—
1½h	CHF	127.—
2h	CHF	169.—
2½h	CHF	210.—
Price for 1 – 2 persons		
Every additional person CHF 20.—		

3h	CHF	252.—
Price for 1 – 2 persons.		
Every additional person CHF 30.—		

4h	CHF	328.—
Price for 1 – 2 persons.		
Every additional person CHF 40.—		

5h	CHF	400.—
5½h	CHF	439.—
6h	CHF	492.—
Price for 1 – 2 persons		
Every additional person CHF 50.—		

3½h	CHF	289.—
Price for 1 – 2 persons		
Every additional person CHF 35.—		

4½h	CHF	365.—
Price for 1 – 2 persons		
Every additional person CHF 45.—		

3 DAYS*

3 days x 2½h	CHF	605.—
Price for 1 – 2 persons		
Every additional person CHF 60.—		

3 days x 3h	CHF	720.—
Price for 1 – 2 persons.		
Every additional person CHF 90.—		

3 days x 6h	CHF	1'440.—
Price for 1 – 2 persons		
Every additional person CHF 100.		

5 DAYS*

5 days x 2½h	CHF	988.—
Price for 1 – 2 persons		
Every additional person CHF 100.—		

5 days x 3h	CHF	1'185.—
Price for 1 – 2 persons		
Every additional person CHF 150.—		

5 days x 6h	CHF	2'340.—
Price for 1 – 2 persons		
Every additional person CHF 200.—		

* The prices are for you and one other person (both at a similar level). On request it's also possible to book private lessons for more people.



MEETINGPOINT DORF / VILLAGE

1 MEETINGPOINTS

Erster Treffpunkt für alle Kurse
First Meetingspoint for all lessons

2 ESKIMOS KIDS PARK

Für Kinder Niveau Minis Park
for children level Minis Park

3 TEEPAUSE / TEA BREAK

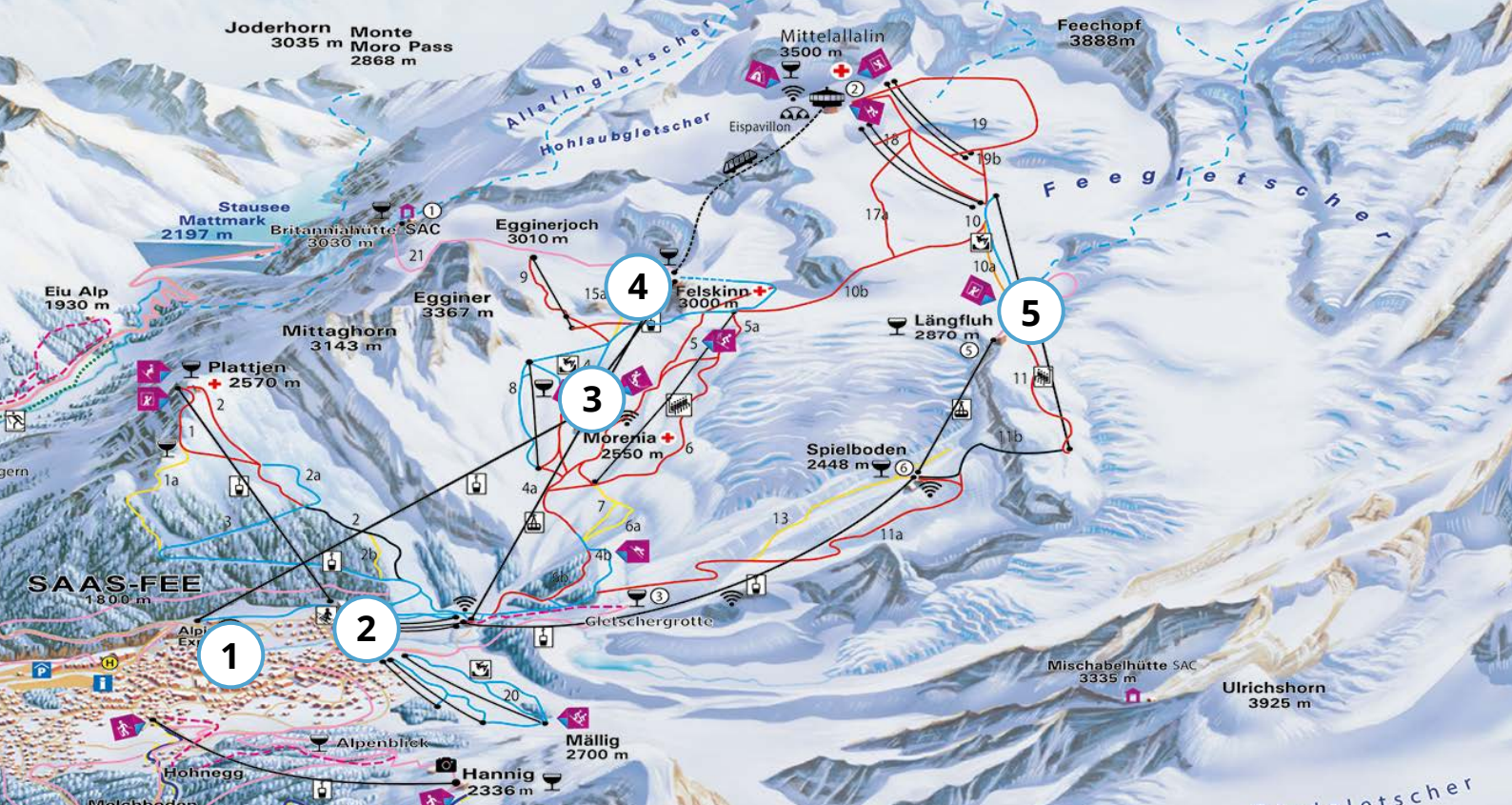
Kinder / Children

4 SKI & SNOWBOARD TICKET

Geöffnet bis 14:00 Uhr
open only until 02.00 PM

5 SKI & SNOWBOARD TICKET

Geöffnet ab 14:00 Uhr
from 02.00 PM



MEETINGPOINTS SAAS-FEE

1 MEETINGPOINT OFFICE
Obere Dorfstrasse 62

2 MEETINGPOINT VILLAGE
Hinter dem Eisfeld
Behind the ice rink

3 MEETINGPOINT MORENIA
Neben dem Restaurant
Next to the restaurant

4 MEETINGPOINT FELSKINN
Vor dem Restaurant
In front of the restaurant

5 MEETINGPOINT FEECHATZ
Beim Bügellift
At the t-bar station