

Course plan adults ski - Swiss Ski School Adelboden



Level	Requirement	Course content
Beginners	No requirements First time on skis	<ul style="list-style-type: none"> • Getting used to skis • Skiing and breaking with the snow plough • Turning snow plough turns (wedge turns) • Safety descent in snow plough turns in the beginners park
Beginners Plus	Turning snow plough turns (wedge turns) Safety descent in snow plough turns in the beginners park	<ul style="list-style-type: none"> • First descent on a easy blue run • Using the T-bar lift • Safety and smooth descent in snow plough turns (wedge christie) on a blue run • Ski parallel in the traverse • Side-slipping with skis parallel
Advanced	Safety and smooth descent in snow plough turns (wedge christie) on a blue run	<ul style="list-style-type: none"> • Parallel turns on a blue run • Increase in speed
Advanced Plus	Parallel turns on a blue run	<ul style="list-style-type: none"> • Breaking with skis parallel • Parallel turns on a red run • Turns with various radii • Safety descent on red runs
Pro	Parallel turns	<ul style="list-style-type: none"> • Short turns • Carving