

SKI & SNOWBOARD IN ENCINITAS

Since 1977



"One Lesson on our Revolving Carpet Snow Sports Simulator Equals a Day on the Slopes!"



- A Proven Method of Instruction!
- Perfect For All Ages & Abilities & Disabilities!



As seen on TV, *SKI & POWDER* magazines and *USA TODAY!*
 A lesson program on our Snow Sports Simulator is a wise investment...
 considering the cost of a vacation – lift tickets, lessons,
 equipment, transportation, and your valuable free time!

2021-2022 SEASON

KNOW BEFORE YOU GO...OR EAT SNOW!

SINCE 1977 THOUSANDS HAVE LEARNED FROM US THE EASY WAY!

Success favors the prepared. We will prepare you for this winter's fun with our unique proven approach to learning on our large treadmill Revolving Carpet Snow Sports Simulator. Continuous personal instruction with no wasted time in lift lines or riding uphill makes our private lessons equal to a full-day group lesson on the snow. Our lessons will meet your needs at any age & ability level.

● **BEGINNERS—QUICKLY LEARN** how to use the equipment, how to stop, control speed, balance, edge control and more in your first lesson on our stationary carpet. Each 25 minute lesson thereafter on our revolving carpet simulates a full day of instruction on the slopes.

Most beginners take the first 2 lessons together, one right after the other.

■◆ **INTERMEDIATE & ADVANCED—CARVE SMOOTHER and QUICKER TURNS!**

Learn efficient movements that become muscle memory habits leading to advanced skills that transfer to the snow. Why skid sideways when you can carve tight, clean turns on any terrain? Each 25 minutes of continuous instruction will develop, improve & refine your skills and give a great workout.

ONE ON ONE INSTRUCTION

- All prices listed are per person and per sport.
- Online payment guarantee is required when making reservations. No refunds.
- 48-hour cancellation notice required to reschedule any appointment.
- All sessions must be taken by March 15 of same season.
- All equipment is provided (if you own boots, bring them.)

Single Lessons \$145
3 Lesson Program \$400

- ❖ We recommend 3-lesson programs of customized learning sessions to learn a new Snow Sport or improve your skills, and as a refresher to sharpen up between trips. It's a great way to prepare for a fun vacation!
- ❖ We teach everyone, adults and children 2+ yrs, with one to one instruction.
- ❖ Our lesson programs have helped many people to get on and off the beginner's hill quickly, and to enjoy more of the mountain in their first day on snow.
- ❖ We work on your total technique to help you master a higher skill level.

PRACTICE & CONDITIONING SESSIONS

Single Sessions \$50

- ❖ Practice sessions are available to our students who have accomplished independence in one or more of our lessons.
- ❖ These 25 minute sessions allow you to practice what you have learned and get a *great* workout that simulates skiing & snowboarding.
- ❖ Sports specific conditioning helps to prevent sore muscles and reduces the risk of injury by strengthening the legs while improving your technique.

GENERAL INFORMATION

- Dress casually (long sweatpants, long sleeve t-shirt and athletic socks are best).
- Please arrive 20 minutes before your appointment.
- Hours of operation SAT/SUN OCT-MARCH vary by time of year & snow conditions.

Get to Know Us – Watch our [www](http://www.adventureski.com) videos, read client comments, get directions, gift certificates, conditioning exercises, birthday parties, portable simulators and more.

ADVENTURE SKI & SNOWBOARD SCHOOL

1105 S. COAST HWY 101, ENCINITAS

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MAKE APPOINTMENT ONLINE BEFORE WE GET BOOKED UP!

WWW.ADVENTURESKI.COM * 760-942-2188



EVENT RENTALS, LESSONS, & SALES