

Specialty Programs

55+ CREW

Open to skiers ages 55 and up who are at least intermediate skiers and are looking to fine tune their ski skills.

55+ Crew:	Lesson Time	Lesson Dates	Prices
Standard	9:30 a.m. – 11:30 a.m.	Sundays, starting January 8, 2012	\$29 per class
• Winter breaks: January 14-16, 2012; and February 18-20, 2012. • Half price tickets available			

PREMIER SKI PROGRAM (PSP) BY STEVE BURNS

The Premier Ski Programs by Steve Burns will focus on learning to ski through the direct parallel method, learning to be a ski instructor, skill advancement, bump and run, telemark skiing and snowboarding.

PSP:	Lesson Time	Lesson Dates	Prices
January 7, 2012	9 a.m.	Sat. & Sun., starting January 7, 2012	\$420
February 5, 2012	9 a.m.	Sundays, starting February 5, 2012	\$210

MOUNTAIN ADVENTURE TEAM

This program is available to all mountain skiers and snowboarders ranging from the age 8 - 16 who want to improve their techniques and learn to handle all types of conditions and terrain.

	Lesson Time	Lesson Dates	Prices
Mountain Adventure Team	10 a.m.	Sat. & Sun., starting January 7, 2012	\$660
• Winter breaks: January 14-16, 2012; and February 18-20, 2012. • Mountain Adventure open to ages 8 - 16.			

SUNDAY ADULT SKI PROGRAM

These programs are designed for skiers who want to improve their skills. Every session is taught by an instructor who has an in-depth knowledge of the lesson's topic.

	Lesson Time	Lesson Dates	Prices
Adult Ski Program	12:30 p.m. - 2:30 p.m.	Sundays, starting January 8, 2012	\$29 per session
• Winter breaks: January 14-16, 2012; and February 18-20, 2012.			

TELEMARK CLINICS

Telemark Clinics are available to individuals who are interested in learning how to telemark ski or those who need a refresher lesson.

	Lesson Time	Lesson Dates	Price
Tele Friday	9 a.m. - 12 p.m. Jan. 6, 2012	Fridays, starting January 6, 2012	\$67
	1 p.m. - 4 p.m.		\$60

Private Lessons

Private skiing and snowboarding lessons taught by our professional instructors will help you realize your true potential. Our effective one-on-one coaching program and analysis of your technique will help you get the most out of your snowsports experience! Students in private lessons will have access to multi-lingual instructors and the Snowsports School Express lift lanes.

Private Lesson Options:	Weekday	Weekend	Holidays
1 Hour Private (Additional person)	\$73 \$41	\$85 \$53	\$95 \$58
2 Hour Private (Additional person)	\$125 \$52	\$145 \$63	\$160 \$70

Ski: Ages 2 and up. Snowboard: Ages 6 and up. Available 9 a.m. – 6 p.m., daily.

Private Coaching Options:	Weekday	Weekend	Holidays
Full Day: 1 Person	\$275	\$320	\$350
Full Day: 2 People	\$345	\$400	\$440
Full Day: 3-5 People	\$445	\$490	\$535
Half Day: 1 Person	\$185	\$218	\$240
Half Day: 2 People	\$245	\$288	\$320
Half Day: 3-5 People	\$345	\$388	\$422

• Full-day private coaching sessions include five hours on the snow and a one-hour lunch break. Lunch is not included.
 • Half-day private coaching sessions include three hours on the snow.
 • Weekdays are defined as Monday through Thursday. Weekends are defined as Friday through Sundays. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.

Ski with Me: Parent & Child ages 2 - 7 Private Lesson (Mon. - Sun.)	Weekday	Weekend	Holidays
1 Hour Private (Additional person.)	\$83	\$95	\$105

Private Lesson ages 2-5 lift ticket included/ages 6 & 7 lift ticket not included.



NASTAR PROGRAM

NASTAR, an acronym for National Standard Race, is the largest recreational ski and snowboard race program in the world. It allows ski or snowboard racers of all ages and abilities, through a scoring system, a way to compare themselves with one another and with the national champion, regardless of when and where they race. This program is only available when the NASTAR course is open.

NASTAR Lessons:	Lesson Time	Weekday	Weekend	Holidays
1 Hour Private Lesson	10:30 a.m. or 2:30 p.m.	\$73	\$85	\$95
1 Hour 45 Minute Group Lesson	1 p.m.	\$32	\$36	\$39

• Weekdays are defined as Monday through Thursday. Weekends are defined as Friday through Sunday. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.

Ski Levels

BEGINNER

- 1 – First-time skier only.
- 2 – Beginning wedge turn/chairlift.
- 3 – Advanced wedge turn/can link wedge turns.

INTERMEDIATE

- 4 – Wedge Christie/match skis at end of turn.
- ● 5 – Advanced Christie/match skis before fall line.
- 6 – Beginning parallel/turn both skis at same time.

ADVANCED

- ■ 7 – Intermediate parallel/begin to carve turns.
- ◆ 8 – Dynamic parallel/high level of carving.
- ◆ ◆ 9 – Advanced skiing/speed in all conditions.



RATES & PROGRAMS

2011-2012

Snowboard Levels

BEGINNER

- 1 – First-time snowboarder.
- 2 – Side slip on toe and heel, left and right.
- 3 – Basic toe and heel turns on gentle terrain.

INTERMEDIATE

- 4 – Comfortably links turns on greens with control.
- ● 5 – Links turns on blue/intermediate terrain.
- 6 – Links turns on all blue terrain with confidence.

ADVANCED

- ■ 7 – Links turns on black terrain.
- ◆ 8 – Riding moguls.
- ◆ ◆ 9 – Power riding.



SEVEN SPRINGS MOUNTAIN RESORT

General Information: 800.452.2223, ext. 7000

www.7springs.com

Snow Report Hotline: 800.523.7777

Welcome

TO SEVEN SPRINGS SNOWSPORTS SCHOOL

The most important step in learning to ski or snowboard is choosing a lesson program in a fun environment that is compatible with your skills and abilities. World-renowned professional skier and Seven Springs' Snowsports Director Iwan Fuchs designed each and every lesson program with skiers and boarders of every ability level in mind.

Every lesson is taught by a professional instructor, many of whom are members of the Professional Ski Instructors of America or the American Association of Snowboard Instructors. Our instructors are committed to providing you with quality lessons and individual attention while helping you build confidence.

Burton

LEARN-TO-RIDE (LTR)

Seven Springs is pleased to offer the Burton Learn to Ride snowboard program. This progressive program provides students with gear designed to enhance their experience and teaching methods that guarantee a fun and successful first day.

The classes are small and are taught by Burton-trained, AASI-certified instructors. The equipment is specifically designed to be forgiving and to perform harmoniously with the way novices are taught and – voila! – learning becomes easy!

This program includes a lift ticket valid until closing the day of your lesson, two one-hour and 45-minute group lessons and rental equipment. Don't worry about going through the rental process alone - your instructor will help you with rental selection.

LTR:	Lesson Times	Weekday	Weekend	Holidays
First-timers up to intermediate boarders.	9:30 a.m. – 2 p.m.	\$125	\$145	\$158

- LTR Kids 8 - 12 | Adult ages 13 and up
- Burton LTR lessons are held 9:30 a.m. – 11:15 a.m. and 12:15 p.m. – 2 p.m., which allows for an hour lunch break between 11:15 a.m. and 12:15 p.m.
- Weekdays are defined as Monday through Thursday. Weekends are defined as Friday through Sunday. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.



Group Lessons

Learning how to ski or snowboard as a group with your family and friends is tons of fun and a great way to spend time together. During your group lesson, you'll laugh, fall down, laugh some more, probably throw some snow at each other and learn a lot!

Seven Springs offers an abundance of ski and board group lessons ranging from programs for the never-evers to fine-tuning classes for the veteran snowsports enthusiast.

GROUP LESSON RATES

Lesson Type:	Lesson Times	Weekday	Sunday	Holidays
Levels 1-6 Ski and Snowboard (1 hour and 45 minutes.)	10 a.m. and 1 p.m. (10 a.m., 12 p.m. and 2 p.m. lessons available on Sat., Sun. and holidays.)	\$33	\$37	\$41
Levels 1-6 Ski and Snowboard (1 hour)	4 p.m. and 6 p.m.	\$22	\$25	\$27

• Available for ages 8 and up, daily.

FIRST TIME EXPERIENCE PACKAGES

First Time Experience Packages include ski ticket, rental equipment and one group lesson.

Lesson Type:	Lesson Times	Weekday	Sunday
Level I Ski Package (1 hour and 45 minutes)	10 a.m. and 1 p.m. Monday – Friday.	\$68 Adult \$58 Child	\$80 Adult \$70 Child
Level II Ski Package (1 hour and 45 minutes)		\$83 Adult \$73 Child	\$95 Adult \$85 Child
Level I Snowboard Package (1 hour and 45 minutes)	10 a.m., 12 p.m. and 2 p.m. Sunday	\$78 Adult \$68 Child	\$90 Adult \$80 Child
Level II Snowboard Package (1 hour and 45 minutes)	Not available Saturdays and holidays.	\$93 Adult \$83 Child	\$105 Adult \$95 Child

• Child is ages 8-11. Adult is ages 12 and up.
• Weekdays are defined as Monday through Thursday. Weekends are defined as Friday through Sunday. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.

Youth Snowsports ACADEMY

Each lesson program will aid younger skiers and riders of all ability levels with their skill development, resulting in a life-long passion for winter sports. These programs include lunch, instruction and supervised skiing or riding. All lesson packages include a commemorative photo.

Teen EpicPass - buy three full days get one full day half off!

JUNIOR SNOWSPORTS AND CLUB 7 ZONE RATES

The Youth Snowsports Academy offers classes to kids ages 8 to 12. The Club 7 Zone is designed for ages 13 to 17. Lessons are available 10 a.m. – 3 p.m., daily; registration held from 8:15 a.m. until 9:30 a.m.

Ski Packages:	Amenities	Weekday	Weekend	Holidays
All Inclusive Package	Lunch, ski ticket valid until 7 p.m. & equipment rental	\$132	\$142	\$155
All Inclusive Package Half Day	10 a.m. - 1 p.m.	\$101	\$112	\$125
Semi Package	10 a.m. - 3 p.m.	\$110	\$120	\$133
Semi Package Half Day	10 a.m. - 1 p.m.	\$80	\$90	\$103
Standard Package	10 a.m. - 3 p.m.	\$89	\$99	\$110
Standard Package Half Day	10 a.m. - 1 p.m.	\$59	\$69	\$80

Snowboard Packages:	Amenities	Weekday	Weekend	Holidays
All Inclusive Package	10 a.m. - 3 p.m.	\$138	\$148	\$163
All Inclusive Half Day Package	10 a.m. - 1 p.m.	\$108	\$118	\$133

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GRAVITY PARK SCHOOL

Designed for intermediate skiers and boarders ages 8-17, this all day program will teach you the tricks of the trade including dropping into a pipe, easing your landing and park rules and etiquette.

Gravity Park School:	Amenities	Dates and Time	Prices
Introductory Program	Lift ticket, lunch and picture.	10 a.m. - 3 p.m. Saturday and Sunday.	\$130
Introductory Program	Lift ticket, lunch and picture.	10 a.m. - 3 p.m. holidays.	\$150

• Weekends are defined as Friday through Sundays. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.

Tiny Tots' School

SKI & SNOWBOARD

Snowsports professionals around the world thoroughly believe that the best time to teach your child to ski is between the ages of 4 and 7. Children of this age are always looking for fun, constantly in motion, know little to no fear and always want to impress their parents and peers.

Snowsports School Director Iwan Fuchs spends much of his time in the Tiny Tots' Ski and Snowboard School helping the little skiers learn all about the excitement of skiing and boarding while building their confidence.

Let the kids have a blast with our qualified instructors while you hit the slopes on your own! This fun-filled day includes two 90-minute ski lessons, equipment rental during lesson times, ski ticket, healthy snacks, indoor activities, a commemorative photo and lunch. Level L3 and higher also includes our new Mini Star at NASTAR.

Helmet is included

Kids EpicPass - buy three full days of Tiny Tots', get one full day of Tiny Tots' half off!

TINY TOTS' RATES

Ski Ages 4-7 | Snowboard Ages 5-7 | 9 a.m. to 3:30 p.m., daily. Full day lessons begin at 9 a.m. and end at 3:30 p.m. Half day lessons are available from 9 a.m. to 1 p.m. or 12 p.m. to 3:30 p.m. Daily registration held from 8:15 a.m. - 9:30 a.m. Ski rental after lesson \$15.

Tiny Tots' Ski/Snowboard School:	Weekday	Weekend	Holidays
Full Day	\$120	\$134	\$148
Half Day	\$89	\$99	\$112

• Kids Epic Pass (3 full days and get 1 full-day for 50% / accumulative)
*Snowboard rental after lesson \$15

TINY TOTS' PRIVATE LESSONS

Available to ages 2 and up, 9 a.m. to 4 p.m., daily. Equipment rental after lesson \$15 - during that scheduled lesson time.

Tiny Tots' Private Lessons:	Weekday	Weekend	Holidays
1 Hour (Additional person.)	\$73 \$41	\$85 \$53	\$95 \$58
2 Hour (Additional person.)	\$125 \$52	\$145 \$63	\$160 \$70

• Weekdays are defined as Monday through Thursday. Weekends are defined as Friday through Sunday. Holiday periods are December 23, 2011 - January 1, 2012; January 13 - 16, 2012; and February 17 - 20, 2012.