## **2023/2024** St. Anton

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BOOK



## **TEACHING & GUIDING**

www.skischule-arlberg.com info@skischule-arlberg.com T +43 5446-3411 Please open for detailed information



 OUR MISSION Perfect teaching & guiding.
OUR TERRAIN On & off-piste.
OUR PRINCIPLE

It's all about snow!

## SKI SCHOOL ARLBERG STANDS FOR TRADITION

## SINCE 1921/1922

Since photos were in black and white, people have been making fresh trails in the Arlberg snow: Hannes Schneider, the most famous ski pioneer in the world, founded the Ski School Arlberg in 1921.

Today's Ski School Arlberg is a modern service provider.

Whether it's skiing, snowboarding, Children's World, crosscountry skiing, on and off-piste guiding or Funsport, the Ski School Arlberg stands for optimal support and individual tuition.

Since the founding of the Arlberg Ski School, some things have not changed to this day: THAT IS OUR PASSION FOR SNOW SPORT!

With almost 380 locally and internationally qualified snow sport instructors, the Ski School Arlberg is the largest in Austria.

Welcome to the Ski School Arlberg.

**Yours, Richard Walter** Head of the Ski School Arlberg



#### MINIS (4 YEARS)

- Course start: 09:30 am, daily excluding Saturdays;
- Course duration: 2 hours before noon, 2 hours afternoon, 1 hour lunch break
- Meeting point: Children's World of the Ski School Arlberg St. Anton (opposite Gampen chairlift – at the green Hopplflag in the children's area) and in Nasserein (at the green Hoppl-flag in the children's area).
- Beginners' course: SUN and MON
- Grouping according to the children's abilities: 09:30 am at the relevant assembly points
- Minimum participants: 5 children per group

## JUNIORS (5 - 11 YEARS) AND TEENS (12 - 17 YEARS)

- Course start: 09:30 am, daily excluding Saturdays;
- Course duration: 2 hours before noon, 2 hours afternoon, 1 hour lunch break
- **Meeting point:** at the assembly point of the Children's World in St. Anton (opposite the Gampen chairlift) and in Nasserein at the children's area (bottom lift).
- **Beginners' course:** SUN and MON. Children that can already ski can start any day (excl. Saturdays)
- **Grouping according to the children's abilities:** 09:30 am at the relevant assembly points
- Minimum participants: 5 children per group

(More information on page 12)

## PRIVATE COURSES AS WELL AS ON- AND OFF-PISTE GUIDES

stand for optimal care and individual tuition. Experience the most beautiful places of the Arlberg together with your private instructor or guide. daily, including Saturdays

(More information on page 20)



## REGISTRATION

#### Main office St. Anton & pedestrian zone T +43 5446-3411 Office Nasserein T +43 5446-2738 Notel

Separate

folder for

St. Christoph

**Office St. Christoph T +43 5446-2151** 

More information as well as opening hours can be found on the pricelist inside the folder.

## **SKI COURSES FOR ADULTS**

#### **GROUPS:** GREEN/BLUE/RED

- Course start: 10:00 am, daily excl. Fridays and Saturdays;
- Course duration: 4 hours
- Meeting point: 15 min before start

The assembly points are located at the respective ski schools in St. Anton (opposite the Gampen chairlift) and in Nasserein (opposite the Nassereinbahn).

- Beginners' course: SUN and MON. Guests that can already ski can start any day (excl. FRI and SAT)
- Grouping according to ability: 10:00 am at the respective assembly points • Minimum participants: 5 persons per group

## **GROUPS:** BLACK/TERRAIN/OFF-PISTE

- Course start: 09:30 am, SUN and MON, TUS THUR on request
- Course duration: approx. 5 hours
- Meeting point: The assembly point is located at the ski school in St. Anton (opposite the Gampen chairlift)
- Course days: daily excl. Fridays and Saturdays;
- Grouping: 09:30 am at the respective assembly points
- Minimum participants: 5 persons per group

#### (More information on page 10)

## **SNOWBOARD COURSES FOR ADULTS AND CHILDREN**

## **GROUPS: GREEN/BLUE/RED/BLACK**

- Course start: 10:00 am, daily excl. Fridays and Saturdays;
- Course duration: 4 hours
- Meeting point: 15 min before start
- The assembly point is located at the ski school in St. Anton (opposite the Gampen chairlift)
- Beginners' course: SUN and MON. Guests that can already snowboard can start any day (excl. FRI and SAT)
- Course days: daily excl. Fridays and Saturdays;
- Grouping according to ability: 10:00 am at the respective assembly points
- Minimum participants: 5 persons per group

(More information on page 10)

## SKI COURSES FOR CHILDREN

## **BAMBINIS (3 YEARS)**

- Full day programme Combination of fun and snow: 2 hours skiing; 2 hours play and fun; indoor or outdoor
- Course start: 10:00 am, every day except Saturdays
- Course duration: 4 hours
- Meeting point: Children's World of the Ski School Arlberg in St. Anton – opposite the Gampen chairlift – at the green Hoppl-flag in the children's area
- Beginning of the course for beginners: SUN and MON
- Minimum participants: 5 children per group

## (More information on page 14)

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## **MINIS (4 YEARS)**

- Course start: 09:30 am, daily excluding Saturdays;
- Course duration: 2 hours before noon, 2 hours afternoon, 1 hour lunch break
- Meeting point: Children's World of the Ski School Arlberg -St. Anton (opposite Gampen chairlift - at the green Hopplflag in the children's area) and in Nasserein (at the green Hoppl-flag in the children's area).
- Beginners' course: SUN and MON
- Grouping according to the children's abilities: 09:30 am at the relevant assembly points
- Minimum participants: 5 children per group

## JUNIORS (5 – 11 YEARS) AND TEENS (12 – 17 YEARS)

- Course start: 09:30 am, daily excluding Saturdays;
- Course duration: 2 hours before noon, 2 hours afternoon, 1 hour lunch break
- Meeting point: at the assembly point of the Children's World in St. Anton (opposite the Gampen chairlift) and in Nasserein at the children's area (bottom lift).
- Beginners' course: SUN and MON. Children that can already ski can start any day (excl. Saturdays)
- Grouping according to the children's abilities: 09:30 am at the relevant assembly points
- Minimum participants: 5 children per group

(More information on page 12)

## **PRIVATE COURSES AS WELL AS ON- AND OFF PISTE GUIDES**

stand for optimal care and individual tuition. Experience the most beautiful places of the Arlberg together with your private instructor or guide. daily, including Saturdays

(More information on page 20)

**GENERAL INFO** 

Attention: No snowboard groups in Nasserein! Meeting point at the Galzigbahn



- For ALL course participants, the ski pass and ski equipment are NOT included in the price. For children and adult beginners, we do not recommend buying a ski pass on the first day.
- The time taken to sort the groups for both adults and children is not deducted from the tuition time.
- Required equipment for kids: helmet, safety vest for all children up to 9 years – € 6.– (Recommended: back protector)



#### **Quality Award – Snowsport Tirol**

Only the best Tyrolean ski schools are presented with the "Quality Award – Snowsport Tirol". They must undergo strict controls by an independent commission and score high points for quality.

The "Quality Award" = excellence!

## The Ski School Arlberg App!

For information on the Ski School Arlberg, online shop, weather, livecams, piste and cable car status, avalanche reports and much more. Simply scan the QR Code to download the App.





# Ski School Arlberg – since 1921 **TRADITION** ...









# **1965** MEETS THE PRESENT





## OFFERS FOR ST. ANTON – MAIN OFFICE AND NASSEREIN

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## **SKI COURSES**

Whether beginner or advanced, we can help you improve your technique, so you can enjoy your winter holiday with joy and fun. In our off-piste groups, Guiding with a focus on safety is our priority.

## **SNOWBOARD COURSES**

Snowboarding is the winter sport for kids, teenagers and the young at heart. No matter if you are a beginner, an advanced boarder or an off-piste-boarder, we offer a well balanced programme for everyone.



Satisfaction Guarantee: If you are not satisfied on the first day with your ski or snowboard lessons, there is, of course, the option to move (on that day) to another group. If, despite

moving groups, the lesson still does not suit you, we can return your money to you at the end of the day.

This means: you can attend a snowboard and ski course without risk.

## **GROUPING SKI**

<b>GREEN</b>	BLUE	<b>RED</b>
(4 hours)	(4 hours)	(4 hours)
Ski novice Snow plough	Snowplough turns Plough steering	Parallel ski turn – long/short radius

#### BLACK (full day, approx. 5 hours)

Master level (good fitness required)

- Carving long radius
- Carving short radius
- Group off-piste/off-piste guiding: steep slopes, moguls, deep snow, freeride
- Introduction to snow and avalanche awareness
- Explanation of safety equipment

## **GROUPING SNOWBOARD**

<b>GREEN</b>	BLUE	<b>RED</b>	BLACK
(4 hours)	(4 hours)	(4 hours)	(4 hours)
Snowboard novice	Drift Turn upright Tilt Turn	Drift Turn deep Carving upright deep Short turns	Short turns upright <b>Terrain:</b> mogul piste, deep snow, etc.



NOTE: Off-piste you need: transceiver, backpack with shovel and probe. Recommendation: Airbag Safety equipment is included in the price



More detailed information about the ability levels on www.skischule-arlberg.com





More information about the courses on the fold-out-part of the title-page! The price list can be found inside the folder!

#### DER CLUB FÜR KINDER

Please ask for our Special Children's



CHILDREN'S WORLD

Hello I am Hoppl! On the way to the piste I got lost in deep snow. Can you dig me out?

# CHILDREN'S WORLD

Enjoy your holiday while your children are in the best hands! The Children's World offers a richly varied weekly programme. Specially trained and experienced child carers will ensure that your child feels happy with us.

## CHILDREN'S WORLD ST. ANTON

T +43(0)5446-3411-27 Location: opposite Gampen chairlift

## CHILDREN'S WORLD ST. CHRISTOPH

T +43(0)5446-2151 Note: Only small groups! (Group lessons on request)

## CHILDREN'S WORLD NASSEREIN

T +43(0)5446-2738 Location: in the base station of the Nasserein cablecar • 48

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## **BAMBINIS** FULL DAY PROGRAM FOR 3 YEAR OLDS: COMBINATION OF FUN AND SNOW

2 hours skiing; 2 hours play and fun; indoor or outdoor

## Our Bambini offer can be booked as a full day program for children with 3 years.

€ 150,- per day, per child (incl. lunch, drink, animation and supervision)

(Only Children's world of the Ski School Arlberg in St. Anton opposite the Gampen 4-chairlift – at the green Hoppl-flag in the children's area). (The children must be out of diapers.)

**Course start**: daily at 10:00 (except Saturdays) **Meeting point**: Children's world of the Ski School Arlberg in St. Anton – opposite the Gampen chairlift - by the green Hoppl-flag in the children's area.

**Course start for beginners**: Sunday and Monday **Minimum number of participants**: 5 children per group

You can find the price list in the middle of the folder!

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## MINIS ALL-DAY PROGRAMME FOR 4 YEAR OLDS

Meeting Point: In the Children's World of the Ski School Arlberg – St. Anton (opposite Gampen chairlift) – at the green Hoppl-flag in the children's area and in Nasserein (at the green Hoppl-flag in the children's area).

Children meet their ski instructors daily at **09:30 am** (excluding Saturday). Children attempting skiing for the first time are playfully familiarised with the snow. This means that during their ski lesson we offer them plenty of breaks and keep them motivated with games and coordination tasks.



More information about the courses on page 4 and 5! The price list can be found inside the folder!

## ANIMATION

Under the motto "there's always something going on with us!" In addition to skiing, we offer the children an extensive animation program during the week.



## JUNIORS FROM 5 TO 11 YEARS

No one is born a world champion. Our course programme for kids from age 5 is specifically tailored to the needs of children. Whether beginner or advanced, fun and games, relevant to the abilities of the children, are the essential elements in our children's ski school.

## **GROUPING – CHILDREN FROM 5 YEARS**

GREEN	BLUE	RED
Ski novice	Making turns/ Plough turns	Parallel turns – long/short radius



More detailed Information about the ability levels on www.skischule-arlberg.com



#### NOTE:

- For ALL course participants, the ski pass and ski equipment are NOT included in the price.
- For all children born in 2016 and later, there is a season ski pass (snowman card).
- For beginners, we do not recommend buying a ski pass for the first ski day.
- Required equipment for kids: helmet, safety vest for all children up to 9 years € 6.– Recommended: back protector





More information about the courses on page 5! The price list can be found inside the folder!

# A second

## **HOPPL SHOP**



Hoppl Mascots, kids' backpacks, baseball caps, T-shirts, etc. available in all offices of the Ski School Arlberg.

## LUNCH 12:00 NOON TO 1:00 PM

While you enjoy your day of skiing, we offer your children a well-balanced and varied lunch menu with drinks, entertainment and support from our snow sports instructors.

The children's ski school restaurants in St. Anton – Central, in Nasserein, on Gampen, Galzig and Rendl are reserved exclusively for our ski school children.

NOTE! Parents must collect all children who are not booked in for lunch.



**CHILDREN'S SKI RACE** EVERY FRIDAY WITH PRIZE-GIVING. (SUBJECT TO CHANGE)

## TEENS FROM 12 TO 17 YEARS

Our special programme for teens from 12 to 17 years, from beginners to top riders, is tailored to the needs of young people. In the foreground is **fun with sport!** 

## **ABILITY LEVELS TEENS**

GREEN	BLUE	RED	BLACK
Ski novice	Making turns/ Plough turns	Parallel turns – long/short radius	Freestyle Ski: Carving – long/short radius Terrain: mogul piste, deep snow, etc.



The freestyle programme is just for advanced skiers!

Skiing in all areas and snow conditions is just as important to this programme as deep snow skiing, mogul pistes and race training. The kids will also be introduced to our Freeride and Freestyle programmes.

Trend sports such as New School is also included.



More detailed Information about the ability levels on www.skischule-arlberg.com



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More information about the courses on page 5! The price list can be found inside the folder!

## FREISTILCONTEST EVERY FRIDAY

With judges and prize ceremony for snowboarders, freeriders and newschoolers. Included in price.



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## **OFFERS FOR SKI AND SNOWBOARD**

## **PRIVATE INSTRUCTOR**

#### Personal and individual service.

Whether you're a beginner, intermediate or expert a private tutor for ski, snowboard, cross-country, Telemark, snowshoe hiking, etc. is the most effective way to improve your skills.

Thanks to our extensive experience, we can offer you a customised snow sports experience. Learn, improve and perfect your technique solo, with family or with friends.

sive advantages by becoming a Member of the Gold Club.





## **ON-PISTE GUIDING**

Let local, experienced ski or snowboard guides show you the best slopes and take advantage of their tips and tricks to help you manage the descents with ease. Your well-being as well as the enjoyment and the shared experience of the wonderful mountains are important to us.

## **RUN OF FAME**

(Full day, approx. 6 hours)

#### The Ski Circuit in the Arlberg!

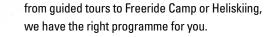
The Flexenbahn has created a spectacular ski circuit: The "Run of Fame" is dedicated to the Arlberg ski

stars and enhances your skiing experience to a maximum of 65 ski kilometres and an incredible 18.000 vertical metres. The ski circuit crosses the Arlberg and displays the entire dimension of the fully-connected ski area.

The price list can be found inside the folder!

Safety is our TOP priority! Guiding you safely through the day is our highest aim!





**OFFERS FOR SKI AND SNOWBOARD** 

**OFF-PISTE GUIDING** 

Our off-piste guides (state-certified ski/snowboard

offer you the fascination of a freeriding experience.

Whether a beginner or an expert, tourer or Freerider -

instructors, ski/snowboard guides and mountain guides)

Off-piste guiding at the Arlberg offers an intense back-country adventure where you can experience the fascination of freeriding and enjoy the most beautiful places in the area – all with your personal guide.

"Maximize your Snow Adventure" – with a Ski School Arlberg private guide If you have discovered a passion for deep snow and wish to improve your off-piste technique, or would just like to enjoy the pristine slopes of the Arlberg, you are in the right place for off-piste guiding and a Freeride programme.

#### The price list can be found inside the folder!



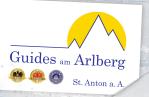
NOTE: Safety equipment is included in the price (transceiver, backpack with shovel and probe). Recommendation: Airbag

Guides am Arlberg



More detailed Information about the ability levels on www.guides-am-arlberg.com







## **OFFERS FOR SKI AND SNOWBOARD**

#### **SKI OR SNOWBOARD TOURS**

(5 or 6 hours)

From St. Anton, you can discover the most beautiful peaks of the Arlberg. There are a variety of easy as well as challenging ski tours and snowboard tours that will delight you.

#### **THE GREAT ARLBERG TOUR**

#### (Full day, approx. 6 hours)

If you're looking for a guided off-piste challenge then the Great Arlberg Tour is perfect for you. On this tour we only travel off-piste – away from the maintained runs (when the situation allows it). It's a different way to get to know the Arlberg.

**ROUTE:** St. Anton – Valluga – (Pazültal) – Zürs – Zug (Madloch) – Oberlech – Lech – Zürs – Stuben – Albona (Maroi) – St. Anton

(Subject to change)

NOTE: Only for very good skiers or snowboarders!

#### **HELISKIING / HELIBOARDING**

#### (Full day, approx. 6 hours)

Fancy something different? Heliskiing or Heliboarding in the Arlberg area offers the perfect opportunity for a special experience for both skiers and snowboarders.



NOTE: Only for very good skiers or snowboarders!

The price list can be found inside the folder!

Safety is our TOP priority! Guiding you safely through the day is our highest aim!

## **SPECIALS**

## **CROSS-COUNTRY SKIING**

Cross-country skiing is the best winter sports exercise to stay fit. The Ski School Arlberg offers cross-country skiing courses with private instruction for beginners and advanced in the classical cross-country style and also in the modern skating technique. On individual courses you will learn the correct method to enable you to explore the Loipe network of the Arlberg area safely, easily and enjoyably.

#### **SNOWSHOE WALKS**

Experience nature! Walk with us on snowshoes through the wintry countryside of the Arlberg. Snowshoes and poles can be rented at the ski school.

#### **TELEMARK**

Telemark is a style of skiing which is considered to be the original method of getting down the Arlberg slopes. More and more people are attempting to glide down the slopes in this elegant and dynamic style. However, anything which looks easy must still be learned – the ski instructors of the Ski School Arlberg are here to help.

## **FUNSPORT**

Snowfox, Skibike, Scooter or Shortcarver: The new winter fun has many names. Look forward to a great time on the snow.

Specials are only offered within private lessons. Prices on request.

## **EVENTS**+ **more** SKISCHULE ARLBERG

Conferences, seminars, team building events, incentives and much more. It's not always about meetings. We create a very special experience for your employees, customers and partners and organize a top event.

#### SEMINARS & INCENTIVES

The combination of a company seminar and a sporting event paired with a breath of adventure is enjoying increasing popularity. Let us plan, organise and arrange your seminars and incentives.

- ✓ Long-standing experience
- ✓ Everything on hand
- ✓ Planning in every detail
- ✓ Versatility & creativity

Skischule Arlberg, T +43 5446-3411 info@events-more.at, www.events-more.at

## WE CAN ORGANIZE FOR YOU:

Conferences, seminars, advertising events, product presentations, fun and active adventure weekends, celebrations and events, training camps, customers and guest ski races, trade fairs, shows, children's parties, etc.



#### Herren SKI OUTFIT PONTRESINA

2-Lagen VENTURI Material mit 4-Wege-Stretch

| Wasserdicht

Starker Partner von:

Sehr hohe(r) Atmungsaktivität und Feuchtigkeitstransport

Schôffel

ARLBER





## 3 IN 1 DECKEL

- IMMER OFFEN
- C ZUM TRINKEN DRÜCKEN
- VERSCHLOSSEN







## VIELFALT AUS DEM RAUCHTAL.



FRUCHT, FAMILIE UND NATUR. SEIT 1919.

