

2019/20 Skiing4all Program Types Summary

Program	Recommended for							Daily skiing		Other included activities <i>(All optional and chosen in the resort according to the individual needs, interests and age)</i>											
	Children: min. age		Teenagers		Adults with special needs	Minimum fitness level	Current skiing level			Hours on one to one basis	Arrangements	Sledging	Snow-shoeing	NEW!!! Igloo project	NEW!!! Mountain trip: Outdoor skills	NEW!!! Town trip: Life skills	Horse-riding	Collie dog therapy	Play & activity park / Nordic walk	Indoor bouldering	Baking class
	With special needs	Sibling with no special needs	With special needs	Sibling with no special needs																	
S	4 yrs	3 yrs	✓		✓	very low to average	beginner	no formal skiing	Prep Course: Activities related to snow and skiing.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
M	4 yrs	3 yrs	✓		✓	low to average	beginner	1 hour	Continuos session. Skiing on nursery slopes only.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
L	5 yrs	4 yrs	✓	✓	✓	average	beginner intermediate advanced	2 hours	Continous session with breaks when required. Skiing the whole mountain.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
XL	6 yrs	5 yrs	✓	✓	✓	average to high	intermediate advanced	3 hours	Continous session with breaks when required. Skiing the whole mountain.	✓	In this program most of the time is spent skiing. However, on request, some time can be allocated to these activities as a substitute for skiing.				✓	✓	✓	✓	✓	✓	✓
XXL	7 yrs	6 yrs	✓	✓	✓	high	intermediate advanced	4 hours	Skiing divided into two sessions. Skiing the whole mountain.	In this program most of the time is spent skiing. However, on request, some time can be allocated to other activities as a substitute for skiing.											