

**Group lessons adults & teenagers La Dôle/Booking form/Health and insurance form**

	Name	First name	Date of birth
Participant 1			
Participant 2			

Name /first name .....
Street, number..... Postal code, city .....
Phone (home) ..... Mobile.....
Phone (work) ..... E-mail .....
Accident insurance of the participant .....
Disease: do you suffer from a disease, an allergy or particular handicap? Do you have to take a specific medicine during group lessons ? .....
Have you a particular diet ? .....
I heard about your school by : <input type="checkbox"/> internet <input type="checkbox"/> an advertising <input type="checkbox"/> a friend <input type="checkbox"/> T.O. <input type="checkbox"/> other : .....

Have you an insurance REGA, AIR GLACIER or equivalent ?.....
<b>THE REGA INSURANCE IS COMPULSORY TO PARTICIPATE IN THE GROUP LESSON : SEE <a href="http://WWW.REGA.CH">WWW.REGA.CH</a>, rescue of the health insurance or the other types of insurances are not admitted. If your child isn't Rega member, please book on <a href="http://www.rega.ch">www.rega.ch</a></b>

By my signature, I guarantee I am to the advantage of an accident insurance and REGA member. I give evidence that I participate in group lessons La Dôle organized by PROGRESSION which will take place of :

.....  
Play attention, my registration is valid only at reception of the amount 59.-/day and guaranteed me a place to the group lesson. I noted my name and dates of the group lessons in the compartment "communication" of e-banking or post payment form. I authorize Progression to publish photos and video of the group lessons for the internet site's gallery and the brochure of the School

**To book a group lesson , you must return by post :**

- 1. BOOKING FORM**
- 2. E-BANKING PAYMENT FORM OR POST PAYMENT FORM**
- 3. REGA CARD PHOTOCOPY OR REGA PAYMENT FORM**

<u>TO SEND US TO :</u>	<u>E-BANKING /E-FINANCE :</u>	<u>BY POST :</u>
Progression Ski and Snowboard School Boîte postale 252 La Bouriaz CH-1265 La Cure <a href="mailto:info@progression-snowsport.ch">info@progression-snowsport.ch</a>	<b>Bénéficiaire : ALAN DELIZEE</b> Banque du bénéficiaire : UBS SA Case Postale 1002 Lausanne IBAN CH690024324345789341Z N°clearing 243 BIC :UBSWCHZH80A	<i>Versement pour :</i> UBS SA Zurich IBAN CH690024324345789341Z <b>ALAN DELIZEE</b> <i>Compte postal :</i> 80-2-2

Place, date..... signature .....

## **Group lessons adults & teenagers La Dôle / Detailed program :**

The Group lessons is made from beginners to expert, consist of 1 morning of skiing in Jura 35 minutes from Geneva, the mountain of La Dôle is the central point over the Lake of Geneva facing Mont Blanc. It is a magic place with various pistes, attractive view, a rich fauna (chamois, hawks ...) to be observed. Supervised by a Swiss ski instructor of the region, you discover new pistes and progressing to ski every day while having fun and making new friends. Children transport from the valley (from Geneva or Lausanne) is not provided. The group lessons are for people who descend blue, red or black slopes.

T1: welcome participants at the meeting place at La Dôle. Briefing with participants at the start of the ski lift. Information on the course of the week, level check and making groups. Games and fun activities with skiing. Freestyle, freeride

T2: safety and prevention on the slopes, respect for others. Group skiing exercises and progress. Games and fun activities with skiing.

T3: exercises and test preparation & medal. Group skiing exercises and progress. Games and fun activities with skiing.

T4: climbing to summit of La Dôle (1677 m), overlooking the Alps, group photo. Group skiing exercises and progress. Games and fun activities with skiing.

T5: Test & presentation of the medal, the test booklet and diploma (optional). Closing the week with participants at the place of appointment.

Price Sfr. 59.-/day / age : 14-77 years

Dates : 2<sup>nd</sup> saturday of January (Adults total beginners) / 3<sup>rd</sup> saturday of January (Adults green & blue slopes), 4<sup>th</sup> Saturday of January (Senior 50+, meet & share) / 1<sup>st</sup> Saturday of February (Safety acadamy, avalanche tranceiver) / 2<sup>nd</sup> Saturday of February (Freestyle, Skicross & Slidepark)

Included : instructor.

Not included : skipass, technical equipment (ski, shoes, poles, helmet), transport to the start and from the valley, drink & food...



**Group lessons adults & teenagers La Dôle / Practical information :**

Meeting point	Parking of Dole, bottom of the ski lifts of Val Dappes (2nd lift from left, at the middle of the large parking lot) In the morning: 10 : 00 end of the course 12 : 00
Appointment hours	By the highway Lausanne – Geneva, take Nyon exit, follow the road direction St Cergue - la Cure, cross the border Switzerland-France, then go direction La Dôle. Just after the winter parking lot of the « balancier » chairlift (you will see down your right), go straight on the main road to La Dôle parking lot. On the parking lot, go on the middle in front a little teleski (Val Dappes, the 2 <sup>nd</sup> from the left)
Beginning and end of the ski lessons	10 h et 12 h
Supervision	Ski instructor
Level	Blue, red or black slopes
Ski gear rental	You can rent the skiing equipment of your child at Location de ski La Dôle, Milena Sport St Cergue, Décathlon Bussigny (Lausanne), SB Sport Gland and Décathlon Geneva
St Cergue tourism office	Tel. 022 / 360.13.14
Pocket money	Plan a little of pocket money (Swiss Francs) for the possible personal spending (additional drink, postcards etc.)
Mobile phone of the leader	Ask to the leader instructor on the meeting place of Monday (pay attention; the network doesn't work on slopes !)
Tel. Number Progression Ski & Snowboard School	022 360 02 60 / 079 457 23 57

**Group lessons adults & teenagers La Dôle / Equipment, gear :**

- 1 pair of skis with bindings with adequate adjustment for your child.
- 1 pair of ski boots
- 1 pair of ski poles
- 1 ski pants
- 1 ski jacket with hood which protects the face (in case of wind)
- fleece, sweatshirt and hot clothes
  
- hat
- compulsory helmet !
- 2 pairs of gloves of ski or mittens
- ski goggle
  
- suncream
- sunglasses
- pocket money (Swiss Francs)

**Do not forget the ID card (to put in the pocket of the ski jacket)! You cross the border!**

If necessary, we recommend you the following mountain ski shops:

- Milena Sport / St-Cergue
- Ochsner Sport / Lausanne, Nyon, Geneva
- Raoul Sport / Nyon
- SB Sport / Gland
- Décathlon / Geneva
- Décathlon / Lausanne

Do not hesitate to invest if the equipment is old or badly adapted, you will not regret it !

## **Group lessons adults & teenagers La Dôle / Terms and Conditions :**

The ski instructor is a qualified ski instructor. The week can be cancelled following the conditions or a lack of participants. The ski lessons are given in all weathers.

Prices :

Our prices are for 1 person and include coaching by an instructor, ski pass, booklet, test and medal.

Group activities :

The instructor/participants ratio respect the Swiss safety standards depending the activity. Group lessons take place in a good atmosphere and respect the well-being of our participants. Participants who don't respect the team and other participants will be rapidly expeled.

Booking :

Your booking is valid only after we received your payment corresponding to the price of the group lessons.

Cancellation, interruption :

If, whatever reason it is, you cancel the group lessons after a booking, a restraint of 100 % is counted. Any begun and interrupted group lessons will not be paid off.

Insurance :

The participants are not assured by the ski instructor or the school. The participant cover itself suitably in health insurance and accidents (including the skiing et mountaineering accidents). Every participant must have a personal rescue insurance (including helicopter rescue). If your child don't have such an insurance, we suggest a formula with the Swiss REGA, This insurance cost Sfr.30.- and must be paid before the week.

Your responsibility :

You assume :

- The full responsibility of the damages caused voluntarily or not voluntarily in the installations or the other objects belonging or rented by PROGRESSION
- Expel costs
- Post costs for forgotten clothes or other objects

Medical file:

Any medical problem must be indicated to PROGRESSION.

Transport:

Every participant comes all on one's own to the meeting point.