

Winter

Programme 2010/11



Ski and Snowboard courses | Private lessons |
Open ski sessions | Saturday Ski Club | Birthday Experiences

BOWLES
ACHIEVEMENT THROUGH EXPERIENCE

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INTRODUCTION



Learning to ski or snowboard before your winter holiday will save several days of valuable snow time and help you get more out of your holiday.

Bowles has two slopes with variable speed tow lifts and water lubrication for consistent skiing whatever the weather. Situated in a stunning location between Tunbridge Wells and Crowborough it certainly beats an indoor fridge for its backdrop!

What do I need to start?

Courses

- After just three group training sessions, most people have mastered the basics and are skiing or boarding confidently. You can then join our open sessions where you can hone your skills further.

Private Lessons

- For those who prefer one to one tuition or want to work on specifics, then private lessons are the perfect choice. Why not come as a family or group of friends – we will take up to a maximum of four per group.

Open Sessions

- A great way to put your newly developed skills into practice – sessions run throughout the winter period at a variety of times



Saturday Ski Club

- A fantastic opportunity for skiers age 6-14 to spend time practicing and meeting new friends every Saturday afternoon. Very popular with parents too as they can drop skiers off from 8years+ and get on with the Christmas shopping!

Birthday Experiences

- Bowles is a great place to host a unique fun birthday experience for up to 12 children. Sledging, skiing, boarding, climbing and pool packages are all available

Instructors

- We have a well-qualified, professional team at Bowles and our instructors are renowned locally for both their enthusiasm and their patience!

book now! T: 01892 665665 W: www.bowles.ac E: admin@bowles.ac

SKI COURSES

PRICES FOR ALL
ADULT COURSES
(14+):

one session £30
two sessions £55
three sessions £80

Each course consists of three progressive sessions to help you develop. We recommend you complete all three sessions so you can ski confidently and join our open practice sessions. You can either book one session at a time or enjoy a discounted rate if you book two or three sessions at the same time

Level 1 Getting used to the skis, getting used to tow lifts, how to stop

Level 2 Controlling speed and stopping using a snowplough

Level 3 Developing skills – snowplough turns, controlled stops

EVENING BEGINNERS SKI COURSES

2 hour sessions

Day	Time	Code	Level One	Code	Level Two	Code	Level Three
Tuesday	7.30–9.30	A1	Nov 2	B1	Nov 9	C1	Nov 16
Friday	7.30–9.30	A2	Nov 5	B2	Nov 12	C2	Nov 19
Tuesday	7.30–9.30	A3	Nov 16	B3	Nov 23	C3	Nov 30
Friday	7.30–9.30	A4	Nov 19	B4	Nov 26	C4	Dec 3
Tuesday	7.30–9.30	A5	Nov 30	B5	Dec 7	C5	Dec 14
Friday	7.30–9.30	A6	Dec 3	B6	Dec 10	C6	Dec 17
Tuesday	7.30–9.30	A7	Jan 4	B7	Jan 11	C7	Jan 18
Friday	7.30–9.30	A8	Jan 7	B8	Jan 14	C8	Jan 21
Tuesday	7.30–9.30	A9	Jan 18	B9	Jan 25	C9	Feb 1
Friday	7.30–9.30	A10	Jan 21	B10	Jan 28	C10	Feb 4
Tuesday	7.30–9.30	A11	Feb 1	B11	Feb 8	C11	Feb 15
Friday	7.30–9.30	A12	Feb 4	B12	Feb 11	C12	Feb 18
Tuesday	7.30–9.30	A13	Mar 1	B13	Mar 8	C13	Mar 22
Thursday	7.30–9.30	A14	Mar 3	B14	Mar 10	C14	Mar 17
Friday	7.30–9.30	A15	Mar 4	B15	Mar 11	C15	Mar 18
Friday	7.30–9.30	A16	Mar 18	B16	Mar 25	C16	Apr 1
Tuesday	7.30–9.30	A17	Mar 22	B17	Mar 29	C17	Apr 5

AGE 14+

WEEKEND BEGINNERS SKI COURSES

1 ¾ hour sessions

Day	Time	Code	Level One	Code	Level Two	Code	Level Three
Saturday	11–12.45	A21	Nov 6	B21	Nov 13	C21	Nov 20
Saturday	11–12.45	A22	Nov 20	B22	Nov 27	C22	Dec 4
Sunday	9–10.45	A23	Nov 28	B23	Dec 5	C23	Dec 12
Saturday	11–12.45	A24	Dec 4	B24	Dec 11	C24	Dec 18
Saturday	11–12.45	A25	Jan 1	B25	Jan 8	C25	Jan 15
Saturday	11–12.45	A26	Jan 22	B26	Jan 29	C26	Feb 5
Sunday	9–10.45	A27	Jan 23	B27	Jan 30	C27	Feb 6
Sunday	9–10.45	A28	Feb 27	B28	Mar 6	C28	Mar 13
Saturday	11–12.45	A29	Mar 5	B29	Mar 12	C29	Mar 19
Saturday	11–12.45	A30	Mar 19	B30	Mar 26	C30	Apr 2

AGE 14+

FLEXIBILITY

Our ski and snowboard courses are designed to run over three consecutive weeks. If the dates aren't quite right for you then just pick and mix dates to suit your diary.



INTENSIVE BEGINNERS SKI COURSES

AGE 14+
£60

A five hour session with a one-hour lunch break – bring a packed lunch

Day	Time	Level One and Two
Sunday	10–4	IS1 – Dec 12
Sunday	10–4	IS2 – Jan 2
Sunday	10–4	IS3 – Jan 16
Sunday	10–4	IS4 – Jan 30
Sunday	10–4	IS5 – Feb 13
Sunday	10–4	IS6 – Mar 27

PLOUGH TO PARALLEL FOR SNOWPLOUGH TURNERS

NEW this winter
AGE 14+

2 hour sessions

Day and Time	Code	Level Four	Level Five	Level Six
Thursday, 7.30–9.30	P1	Jan 27	Feb 3	Feb 10
Thursday, 7.30–9.30	P2	Mar 24	Mar 31	Apr 7

BEGINNERS SKI COURSES AGE 8-14

1¾ hour sessions

AGE 8–14
£56

Day	Time	Code	Level One	Level Two	Level Three
Saturday	9–10.45	CO1	Nov 6	Nov 13	Nov 20
Sunday	9–10.45	CO2	Nov 7	Nov 14	Nov 21
Saturday	9–10.45	CO3	Nov 20	Nov 27	Dec 4
Saturday	9–10.45	CO4	Dec 4	Dec 11	Dec 18
Saturday	9–10.45	CO5	Jan 1	Jan 8	Jan 15
Saturday	9–10.45	CO6	Jan 22	Jan 29	Feb 5
Mon/Tue/Wed	9–10.45	CO7	Feb 21	Feb 22	Feb 23
Wed/Thu/Fri	9–10.45	CO8	Feb 23	Feb 24	Feb 25
Saturday	9–10.45	CO9	Mar 5	Mar 12	Mar 19
Sunday	9–10.45	CO10	Mar 6	Mar 13	Mar 20
Saturday	9–10.45	CO11	Mar 19	Mar 26	Apr 2

BEGINNERS SKI COURSES AGE 6-8

1 ½ hour sessions

AGE 6–8
£36

Day	Time	Code	Level One	Level Two
Saturday	1.30–3pm	CS1	Jan 1	Jan 8
Saturday	9–10.30am	CS2	Feb 5	Feb 12
Saturday	1.30–3pm	CS3	Feb 19	Feb 26
Saturday	1.30–3pm	CS4	Mar 5	Mar 12

SNOWBOARD COURSES

PRICES FOR ALL
ADULT COURSES
(14+):

one session £30
two sessions £55
three sessions £80

Each course consists of three progressive sessions to help you develop. We recommend you complete all three sessions so you can board confidently and join our open practice sessions. You can either book one session at a time or enjoy a discounted rate if you book two or three sessions at the same time.

Level 1 Getting used to the board, straight running, side slipping

Level 2 Develop side slipping, introduction to falling leaf, using the tow lift

Level 3 Developing falling leaf, introduction to basic turns

EVENING BEGINNERS SNOWBOARD COURSES

2 hour sessions

Day	Time	Code	Level One	Code	Level Two	Code	Level Three
Wednesday	7.30–9.30	X1	Nov 3	Y1	Nov 10	Z1	Nov 17
Monday	7.30–9.30	X2	Nov 15	Y2	Nov 22	Z2	Nov 29
Wednesday	7.30–9.30	X3	Nov 24	Y3	Dec 1	Z3	Dec 8
Thursday	7.30–9.30	X4	Dec 2	Y4	Dec 9	Z4	Dec 16
Monday	7.30–9.30	X5	Jan 3	Y5	Jan 10	Z5	Jan 17
Wednesday	7.30–9.30	X6	Jan 5	Y6	Jan 12	Z6	Jan 19
Thursday	7.30–9.30	X7	Jan 6	Y7	Jan 13	Z7	Jan 20
Wednesday	7.30–9.30	X8	Jan 26	Y8	Feb 2	Z8	Feb 9
Thursday	7.30–9.30	X9	Jan 27	Y9	Feb 3	Z9	Feb 10
Monday	7.30–9.30	X10	Jan 31	Y10	Feb 7	Z10	Feb 14
Monday	7.30–9.30	X11	Feb 28	Y11	Mar 7	Z11	Mar 14
Wednesday	7.30–9.30	X12	Mar 2	Y12	Mar 9	Z12	Mar 16
Monday	7.30–9.30	X13	Mar 21	Y13	Mar 28	Z13	Apr 4
Wednesday	7.30–9.30	X14	Mar 23	Y14	Mar 30	Z14	Apr 6
Thursday	7.30–9.30	X15	Mar 24	Y15	Mar 31	Z15	Apr 7

AGE 14+

BEGINNERS SNOWBOARD COURSES

2 hour sessions

Day	Time	Code	Level One	Level Two	Level Three
Saturday	1.30–3.30	CX1	Nov 6	Nov 13	Nov 20
Saturday	1.30–3.30	CX2	Nov 27	Dec 4	Dec 11
Saturday	1.30–3.30	CX3	Jan 29	Feb 5	Feb 12
Saturday	1.30–3.30	CX4	Mar 19	Mar 26	Apr 2

AGE 8–14
£56

INTENSIVE BEGINNERS SNOWBOARDING COURSES

A five hour session with a one-hour lunch break – bring a packed lunch

Day	Time	Code	Level One and Two
Sunday	10–4	IB1	Nov 21
Sunday	10–4	IB2	Jan 9
Sunday	10–4	IB3	Jan 23
Sunday	10–4	IB4	Feb 6
Sunday	10–4	IB5	Mar 20



AGE 14+
£60

OPEN SESSIONS



Open Sessions

There is no need to book in advance for an Open Session but occasionally you may have to queue if the slope is full. Complete beginners will need lessons prior to joining these sessions. Most of our public sessions do include ski coaching (except Sundays which are practice only).

OPEN SESSIONS

Day	Times	Session	Dates
Monday	7.30–9.30pm	Open Session	Oct 4 to April 4
Tuesday	9.30am to 12.30	Coffee Club	Nov 2 to Feb 22
Wednesday	7.30 to 9.30pm	Open Session	Nov 3 to April 6
Thursday	9.30am to 12.30	Coffee Club	Oct 7 to April 28
Sunday	1 to 5pm	Open Practice	Oct 3 to April 24
Sunday	11 to 1pm and 5 to 7pm	Open Practice (Extended Hours)	Nov 7 to April 3
Sunday	4 to 7pm	Snowboard Practice	Jan 2, 16, 30, Feb 13, 27, March 13, 27

Equipment

Hire of boots, skis and boards is included but you are welcome to bring your own. Boarders should bring their own pads and wrist guards. Feel free to bring a helmet too if you want one.

Sessions cost £8 per hour (£7 for under-16's). Coffee Club Skiers can pay £16 for the whole morning which includes tea or coffee or £8 per hour.

Saturday Ski Club Age 6-14

A great fun way to practice for the under 14's. Parents can drop off (8 years+) on Saturday afternoon. Skiers must be able to snow plough, stop safely and use the tow lift in order to join these sessions.

Saturdays 1–5pm £6 per hour

Race Club

For competent skiers – learn race techniques with expert coaching.

**Fridays 5.30–7.30pm
£6 per session**



Snowboard Open Sessions

For those who have completed snowboard courses or who are looking for a pre-holiday warm-up, these open sessions on the nursery slope will give some valuable practice before tackling the main slope.

**New
for 2010/11**

ADDITIONAL ACTIVITIES

Private Lessons

We offer private skiing and snowboarding lessons for those who prefer one to one tuition. Private lessons can make a real difference and are available for all abilities – from those wanting to learn the basics through to skiers and boarders wanting to perfect their technique. Why not come as a family or group of friends before your next trip?

COST: £42 for one hour (1 person)
£18 for each additional person
(up to a maximum of four)



Birthday Experiences

We offer unique, fun packed birthday experiences for up to 12 children. Sledging, skiing, boarding, climbing and pool packages are available.

Holiday Activities & Outdoor Courses

We also offer great holiday activities throughout the Winter, Easter, Summer and half-term breaks. Look on our website www.bowles.ac for the latest courses.



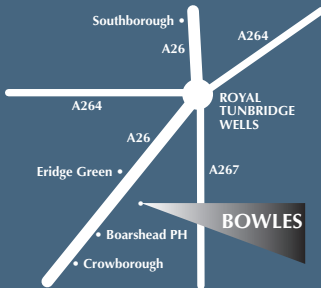
Servicing

We service skis and boards all year round. If no serious repairs are needed i.e. minor holes, grinding, edging and hot waxing the cost is £24. If more major work is required, leave the kit with us and we'll contact you with a quote. Kit can be left with us during any Open Session.

Membership & Consent: Everyone taking part in a public session must complete an annual slope membership form to receive a membership card. The card will be required as ID when using the slope. Please note that a parent or guardian must sign the form on behalf of any young person under 18 years.



Where to find us



- Climb nationally-renowned sandstone rocks
- Ski on two artificial floodlit ski slopes
- Learn to canoe or raft build on our indoor pool
- Birthday Experiences for 6-18 year olds
- Holiday courses & Activity Days
- Residential activity centre for school trips
- Learning & Development training centre for organisations

Book now on **01892 665665**

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ACHIEVEMENT THROUGH EXPERIENCE

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