

Welcome to Hakuba Snow Sports School

Hakuba Snow Sports School provides professional lessons for adults and children in skiing or snowboarding. You can join a group lesson or book your own private instructor.

We want your skiing and snowboarding experience to be an enjoyable one and our instructors will give you all the information and training you need to have the time of your life on the slopes.

We have instructors who can teach in **English**, **Spanish**, **French**, **Portuguese**, **Russian**, **and Italian**. So whether you are an absolute beginner or a freestyle guru we have a well trained, friendly and professional instructor for you.

Hakuba Snow Sports School teaches group lessons at Goryu Imori Snow Resort but you can book a private lesson for any resort in the Hakuba valley.



Group Lessons

Hakuba Snow Sports School provides group lessons in Skiing and Snowboarding.

Make new friends and have fun while learning in a lesson with a maximum of 8 people per group.

Group lessons are for complete beginners to advanced levels.

Our lessons are provided in levels one to six to ensure all our customers are learning in groups with similar abilities.

To help you choose your level, descriptions can be found at the back of this brochure.

Lessons Times and Prices:

Morning Lesson:

10:00am – 12:00pm ¥5000 yen per person.

Afternoon Lesson:

1:00pm – 3:00pm ¥5000 yen per person.



Please be ready to meet 15 minutes prior to lesson start time. Lessons will leave on time!



Private Lessons

If you are looking for some individual coaching or you have a group who would like their own instructor, a private lesson is the way to go.

Our professional instructors can be booked for an hour, two hours, half day or full day.

The flexibility of a private lesson means you can request your favorite instructor and if you book a half day or full day private lesson you can also choose any mountain in the Hakuba Valley.

There is no limit for private lesson size; you pay a flat rate for the instructor's time regardless of the number in your group.

Hakuba Snow Sports private lessons for skiing and snowboarding are available from 3 years of age for skiing and 5 years of age for snowboarding.

When booking a private lesson please check your level of ability as detailed in the back of this brochure.

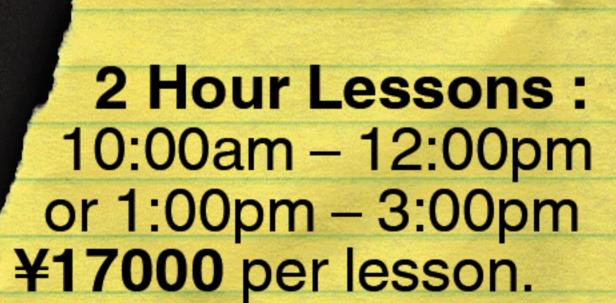




Please note: the times below are flexible, if the current business levels allow we can tailor times to meet your needs.

Lesson Times & Prices:

1 Hour Lessons: 9:00am - 10:00am, 12:00pm - 1:00pm, 3:00pm - 4:00pm. ¥8500 yen per hour.



Half Day Lessons (3 Hours):

9:00am - 12:00pm, 1:00pm - 4:00pm **¥25000** per half day.

Full Day Lessons (6 Hours):

9:00am - 4:00pm, usually a 1 hour lunch break. ¥50000 per full day.

Children's Lessons

Fun and learning are the two key elements incorporated into our children's lessons.

Your children will learn to be safe and competent on the slopes so they can become independent skiers and snowboarders.

Children's lessons are for complete beginners to advanced levels. Our lessons are provided in levels one to six to ensure all children are learning in groups with similar abilities. To help you choose the correct level, descriptions can be found at the back of this brochure.

Hakuba Snow Sports School provides well organized and fun lessons for children from 5 years of age for skiing, and 7 years of age for snowboarding.

If you have younger children please contact us directly to discuss if they may be eligible for lessons.

All children's lessons will run from limori Snow Resort.



Morning Lesson: 10:00am – 12:00pm ¥5000 yen per child.

Afternoon Lesson: 1:00pm - 3:00pm ¥5000 yen per child.

Full Day Program:

10:00am – 3:00pm, includes lunch and supervision over the lunch break.

¥10000 yen per child.

Please be ready to meet 15 minutes prior to lesson start time. Lessons will leave on time!







Hakuba Japan

Many people consider Hakuba to be the center for skiing and snowboarding in Japan.

The men's and women's Downhill, Super Giant Slalom races, the Ski Jump, and the Nordic Combined Events took place here during the 1998 Nagano Olympics.

Hakuba is the most popular winter sports region in Honshu Japan, with a collection of great snow resorts lined up along a 30 kilometer stretch of the Japanese Alps.

Surrounding the Hakuba village area are the resorts of Happo-one, Iimori, Goryu, Hakuba 47, Iwatake, Tsugaike, Sun Alpina, Kortina, Norikura.

For the best information on Hakuba check:



www.hakubaconnect.com

limori Snow Resort

limori Snow Resort is an area with something for everyone.

Beautiful wide groomed slopes for beginners, steeps, moguls and powder for the experts.

Sporting several terrain parks, this resort is truly the most diverse in the Hakuba region.

Hakuba Snow Sports School selected limori as their base because it has the best terrain in Hakuba for the development of skiing and snowboarding. All group lessons begin at the base of limori Snow Resort.

Goryu limori is actually three separate resorts all linked on the same pass and by lift access. There is Goryu Toomi, Goryu limori and Hakuba 47. Combined they have 2 Gondolas, 4 high speed quads, 8 doubles and 2 magic carpets.



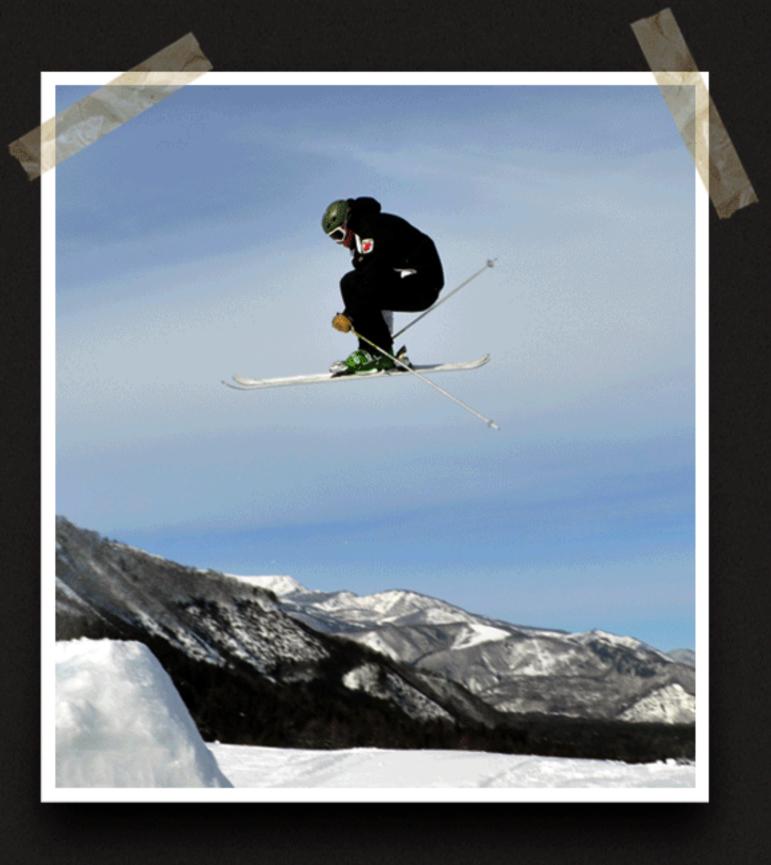
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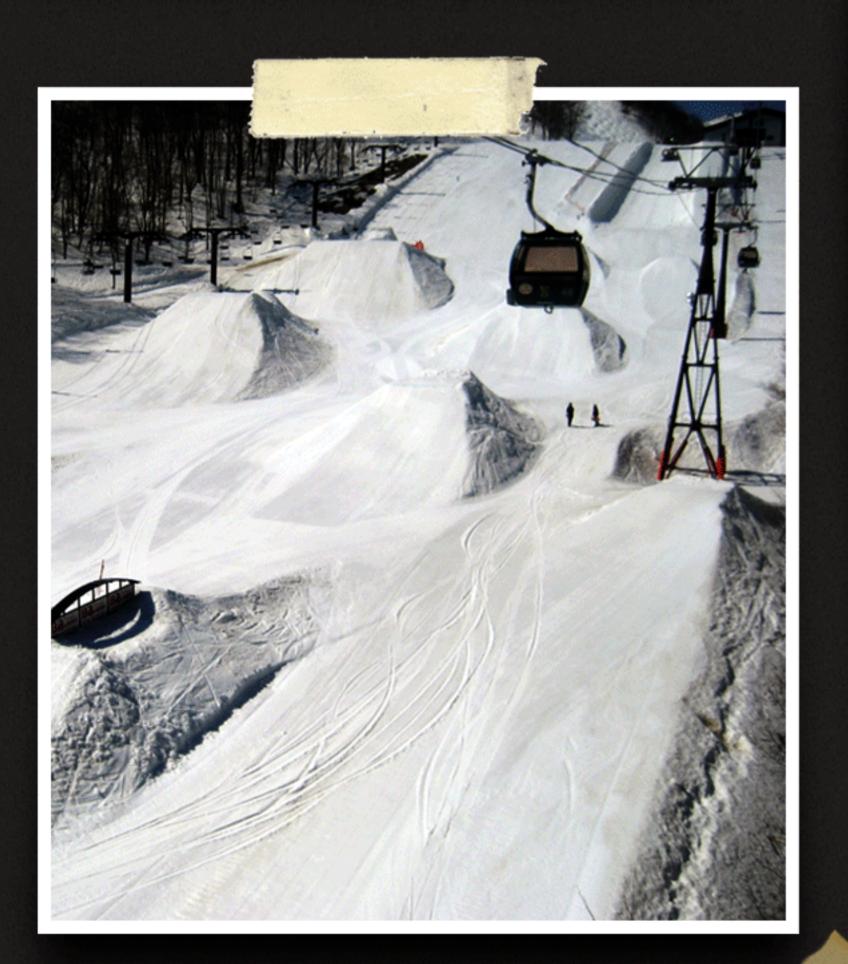
Hakuba Snow Sports School

Iimori Snow Resort Website: http://www.oito.co.jp/iimori

Goryu Snow resort Website: http://www.hakubagoryu.com/e

Hakuba 47 Snow Resort Website: http://www.hakuba47.co.jp/winter/en





Freestyle Ski & Snowboard Clinics

Hakuba Snow Sports School has ski and snowboard freestyle instructors available for specialized freestyle training.

Whether you are a freestyle beginner or a pipe and kicker master, there is always something new to learn from trained and qualified freestyle professionals.

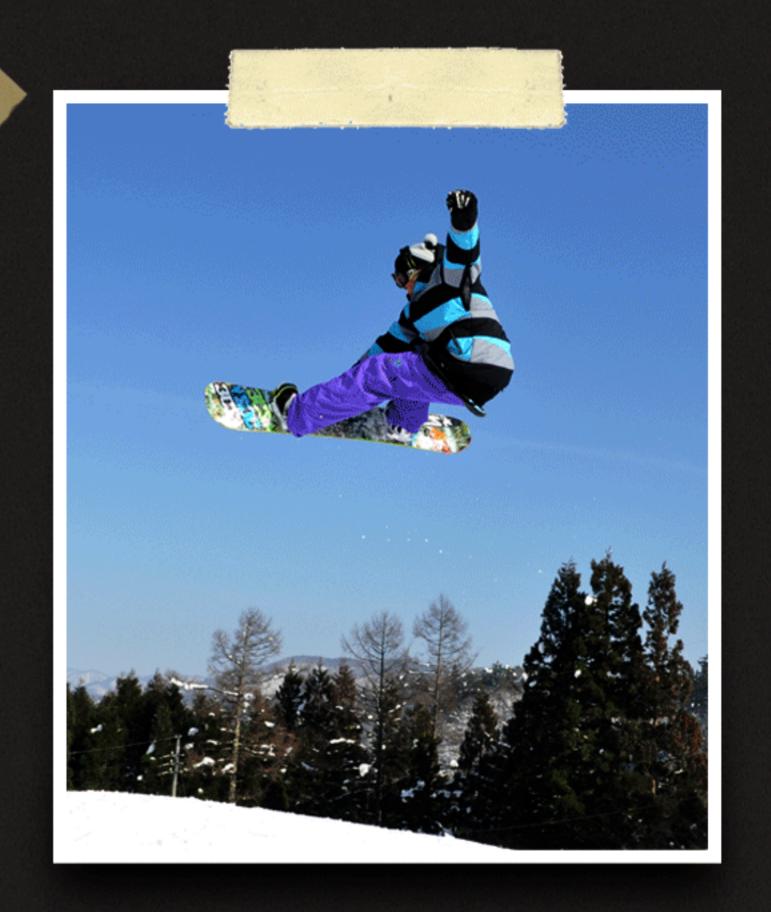
Half day ski or snowboard freestyle clinics:

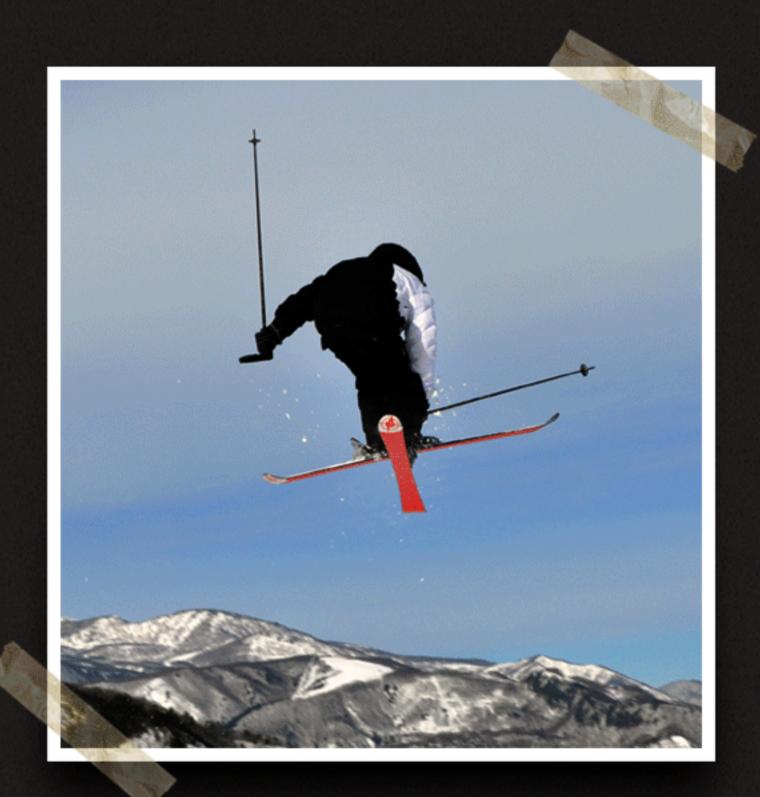
9:00am - 12:00pm or 1:00pm - 4:00pm. **¥7000** per person.

Full day ski or snowboard freestyle clinics:

9:00am - 12:00pm & 1:00pm - 4:00pm. ¥13000 per person.









Hakuba Snow Sports offers race training for children aged between 10-18 years.

This program is run by Shayne Coomber, a top Australian Race Coach.

The program is ongoing and students attend on both long term and short term schedules from 8 weeks to as little as 1 day. There are many packages available, including lift passes, accommodation, meals and coaching.

Availability will depend on the pre-organized schedule and numbers of students already enrolled for the particular period wanted.

Lesson Times and Prices:

Students will take the first available lifts every morning, and will do 4-6 hours on snow with a lunch break taken at limori Rest House.

Half Day Lessons (2-3 hours):

8:00 am start. ¥5000 per half day.

Full Day Lessons (4-6 hours):

8:00 am start, a 1 hour lunch break and lunch included.

¥10000 per full day.

For further enquiries please email:

daniel@hakubasnowsports.com





Ski Lesson Levels and Descriptions:

Please Note:

When you categorize yourself for lessons please be realistic. Don't grade yourself on what you want to do, think about what you can do. The lesson descriptions are guides and on the day of your lesson the instructors will take a good look at your level and re-grade you if required. You are better to start lower and be upgraded than vice versa.

Level 1:

It is your first time skiing, you have never ever skied before.

Description of Lesson:

Learn about the equipment and safety, moving around on your skis, how to slide and balance and stop. Use a basic wedge (snow plough, pizza, arrow) as base for control. Learn how to change direction.

Level 2:

You have skied before and can stop and change direction on beginners or very gentle slopes.

Description of Lesson:

Learning how to turn and how to effectively control your speed using turns and the slope they are on. Learn how to increase your speed without loss of control and confidence. Decrease your dependence on the wedge (snow plough, pizza, arrow) for control.

Level 3:

You can turn using a wedge (snow plough, pizza, arrow) and can navigate your way on all beginners slopes with total confidence. You are ready for intermediate slopes.

Description of lesson:

Develop your turn technique with the goal to eliminate the wedge (snow plough, pizza, arrow). Bring the skis into a parallel or natural position where using the slope for speed control is the emphasis.

Level 4:

You are skiing on intermediate slopes, you ski with your skis almost parallel using turns and the mountain to control your speed. Steeper slopes still faze you; you find it hard to stay in control on the more difficult runs.

Description of lesson:

Look to refine the parallel turn and progress to steeper terrain. Improve your steering skills so you can make shorter or smaller radius turns which will enable you to tackle more varied terrain.

Level 5:

You can ski on all intermediate slopes and ski them with style and confidence. Speed control on groomed runs is not an issue. You want to tackle the steepest groomed runs and venture off piste (off the groomed runs).

Description of lesson:

Develop your short turn, learn to go fast with confidence, look at the tactics involved with skiing off piste and on the black (most difficult) slopes.

Level 6:

You are a very competent skier; you can ski on almost any slope with confidence. You want to learn situational skiing, how to ski powder, moguls (bumps), very steep slopes. Speed is your friend.

Description of Lesson:

Develop your fine balancing skills so you can ski anywhere on the mountain. A large emphasis on tactical skiing, using the terrain and mountain to your advantage, discussing the different challenges associated with differing terrain. You will soon be skiing and thinking like an expert.

Snowboard Lesson Levels and Descriptions:

Please Note:

When you categorize yourself for lessons please be realistic. Don't grade yourself on what you want to do, think about what you can do. The lesson descriptions are guides and on the day of your lesson the instructors will take a good look at your level and re-grade you if required. You are better to start lower and be upgraded than vice versa.

Level 1:

It is your first time snowboarding, you have never ever snowboarded before.

Description of Lesson:

Learn about equipment and safety, moving around on the board, how to slide, balance and stop. Learn to control your speed by side slipping and how to traverse. Get an introduction to turning.

Level 2:

You have snowboarded before and are able to side slip (sliding down the hill with the board oriented across the slope) and are able to traverse on a gentle slope (go in a straight line across the slope). You have probably tried turning but cannot do it both ways successfully.

Description of Lesson:

Learn how to turn and how to control your speed on easy slopes.

Level 3:

You can turn in both directions on gentle slopes and are looking to progress to intermediate slopes.

Description of lesson:

Develop your turning technique, refine your side slipping skills and stance. You will move to new slopes with new challenges.

Level 4:

You are snowboarding on intermediate slopes; you can control your speed with your turns and are ready to go faster.

Description of lesson:

Improve your board's performance on the snow, learn edge control skills so you can handle different snow conditions and terrain.

Level 5:

You can snowboard on all intermediate slopes with confidence and speed control on these runs is not an issue. You want to tackle the steepest groomed runs and want to venture off piste(off the groomed runs).

Description of lesson:

Improve your short turn, learn to go fast with confidence, look at the tactics involved with snowboarding off piste and on the black (most difficult) slopes.

Level 6:

You are a very competent snowboarder; you can board on almost any slope with confidence. You want to learn situational boarding, how to ride powder, moguls (bumps), and very steep slopes. Speed is your friend.

Description of Lesson:

Develop your fine balancing skills so you can board anywhere on the mountain. A large emphasis on tactical riding, using the terrain and mountain to your advantage, discussing the different challenges associated with differing terrain. You will soon be snowboarding and thinking like an expert.



To book a lesson or if you have any questions regarding our services please email or call direct at the below contact points.

You can also book lessons by coming to our front desk at limori Goryu Snow Resort or through your accommodation directly.

When booking a lesson, the following information will be needed: names, ages(for children), ski or snowboard, ability levels, type of lessons and dates required.

We Support Liberty Ski & Samurai Clothing





Hakuba Snow Sports K.

Daniel Mee

Snow sports School Director & Owner NZSIA, ISIA & SAJ Certified Instructor

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