



ESI LA DOLE
International Ski School
Boîte postale 252
La Bouriaz
CH-1265 La Cure

INFORMATIONS & BOOKINGS
Mobile + 41 (0)79 457 23 57
Office +41 (0)22 360 02 60
www.esi-dole.ch
info@esi-dole.ch

Group lesson La Dôle / Usefull informations :

Meeting point	La Dôle, at bottom ski lift « teleski des neiges » (down the shop Location de ski La Dôle
Access	By the highway Geneva-Lausanne, exit Nyon, drive to La Cure. In the village, turn first road left and go again left to La Dôle resort (Jura sur Léman)
Group classes schedule	3-6 pers : 9h30-12h and 13h-15h30 2 pers : 9h30-12h or 13h-15h30
Transport and lunch	Transport from the valley : possible car sharing from D2 to D5, lunch: children bring their own picnic. In case of bad weather or optional : meal at the restaurant CHF 12. - / day
Supervision	Ski instructor
Level	Must be able of carry alone his gear (skis, poles, helmet...) with an adult. Total Beginners or children with a bit of snowplough
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.), to put in the pocket of the ski jacket with ID card and personal information card !
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 International Ski School La Dôle	022 360 02 60 / 079 457 23 57

Group lesson ski / Equipement, 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)

- skis and poles are attached together CORRECTLY to facilitate the transport with the name and the first name on skis and poles.

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

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

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

- Location de ski La Dôle
- 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, your child will not regret it !

Group lesson snowboard / Equipment, gear :

- 1 snowboard with bindings with adequate adjustment for your child (goofy, regular).
- 1 pair of snowboard boots
- 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)

- The snowboard must be provided with the name and surname sticker.

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

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

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

- Location de ski La Dôle
- 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, your child will not regret it !

Group lesson Cross country, snowshoeing / Equipement, gear :

- 1 pair of cross country skis with bindings for your child.
- 1 pair of cross country ski boots
- 1 pair of cross country ski poles
- 1 ski pants
- 1 ski jacket with hood which protects the face (in case of wind)
- fleece, sweatshirt and hot clothes

- hat
- 2 pairs of gloves of ski or mittens
- ski goggle

- suncream
- sunglasses
- pocket money (Swiss Francs)

- skis and poles are attached together CORRECTLY to facilitate the transport with the name and the first name on skis and poles.

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

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

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

- Location de ski La Dôle
- 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, your child will not regret it !

Group lesson La Dôle / Terms and conditions :

The supervision of the group lesson is done by a 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. Weeks take place in a good atmosphere and respect the well-being of our young participants. Participants who don't respect the team and other participants will be rapidly expelled after a contact with the parents.

Booking :

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

Cancellation, interruption :

If, whatever reason it is, you cancel the week after a booking, a restraint of 100 % is counted. Any begun and interrupted week 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.

Parents responsibility :

The parents assume :

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

Medical file:

Any medical problem must be indicated to ESI La Dôle Ski School.

Transport:

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