

# Enrichment @



## Skiing

Enrichment ski lessons are designed for those with little or no ski experience aged 12 and over. The course will include an introduction to skiing equipment and some of the basic techniques for climbing slopes, sliding and the control of sliding. Also included will be an introduction to snow plough turning and the use of ski lifts. You will need to wear long trousers, long sleeved top, long socks and bring a pair of gloves.



<http://www.norfolkski.com/>

## Contact

For further information please Nick Cook on 07786 634526 or [n.dcook@gyc.ac.uk](mailto:n.dcook@gyc.ac.uk)