Snowboard La Dôle 2 / Booking form / Health and insurance form :

	Name	First name	Date of birth
Participant 1			
Participant 2			
Participant 3			

Name /first name of one of the parents .....

Street, number..... Postal code, city .....

Phone (home) ..... Mobile.....

Phone (work) ..... E-mail .....

Accident insurance of the participant .....

Disease: does your child suffer from a disease, an allergy or particular handicap? Does he have to take a specific medicine during the week ?

.....

Has he a particular diet ? .....

I heard about your school by : ❒ internet ❒ an advertising ❒ a friend ❒ T.O. ❒ other : .....

Has your child an insurance REGA, AIR GLACIER or equivalent ? .....
THE REGA INSURANCE IS COMPULSORY TO PARTICIPATE IN THE WEEK : SEE WWW.REGA.CH, rescue of the health insurance or the other types of insurances are not admitted. If your child isn't Rega member, please book on www.rega.ch

By my signature, I guarantee that my child is to the advantage of an accident insurance and REGA member. I give evidence that my child has the authorization to participate in the snowboarding week Dôle 2 organized by PROGRESSION which will take place of :

..... to .....
Play attention, my registraton is valid only at reception of the week's amount or CHF 490.- and guaranteed me a place to the week. I noted the name of my child and dates of the week in the compartment "communication" of e-banking or post paiement form. I authorize Progression to publish photos and video of the week for the internet site's gallery and the brochure of the School

To book a week for your child , 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

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

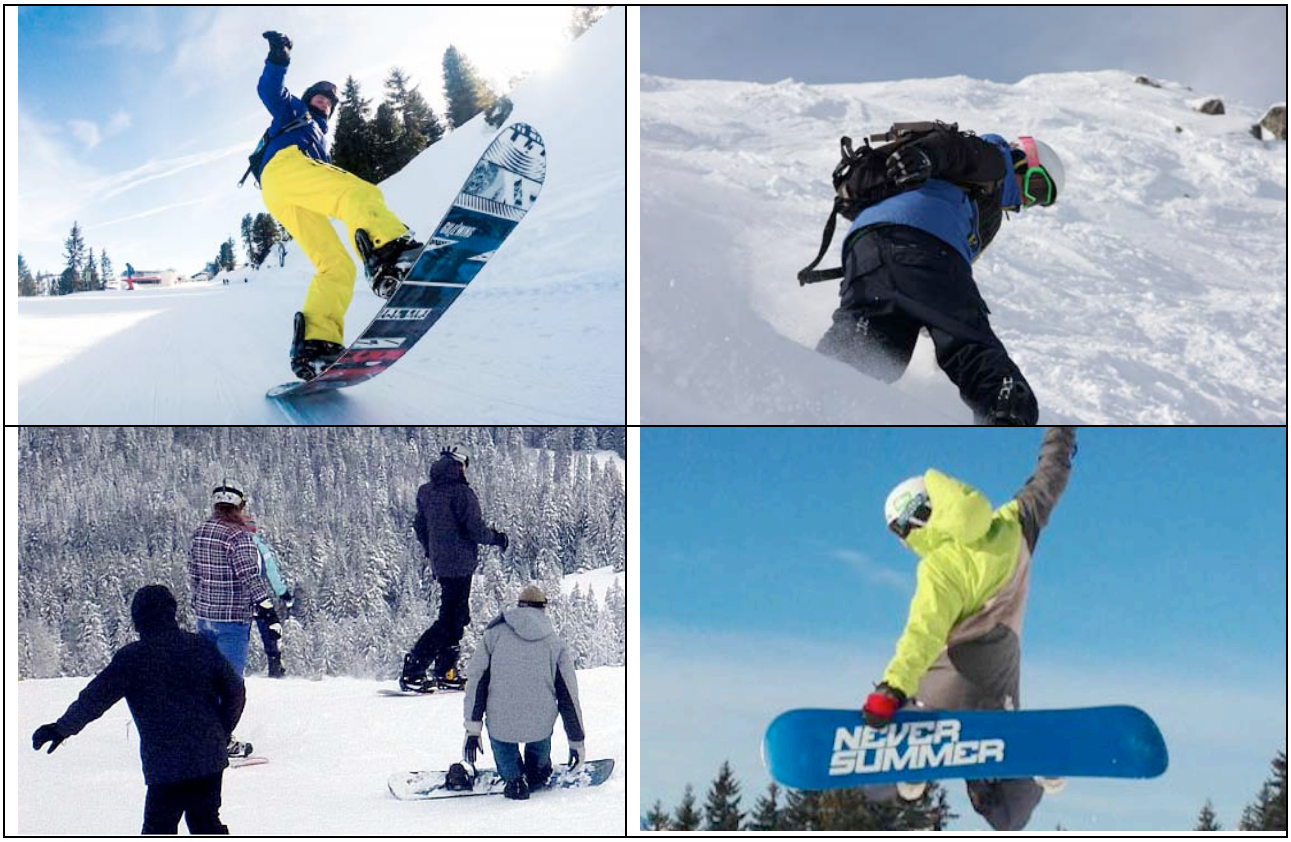
Place, date..... signature .....

Snowboard La Dôle 2 / Detailed program :

Level intermediate. This week consists of 5 days of snowboarding in Jura. 35 minutes from Geneva, the mountain of La Dole 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 snowboard instructor of the region, children discover new pistes and progressing to snowboard every day while having fun and making new friends. Week for children who already snowboard. During this week, your child will consolidate bases and learn how improve his technique, fun freestyle with a few simple figures.
D1: welcome parents and children at the meeting place in La Dôle. Briefing with children at the start of the ski lift. Information on the course of the week, level check and making groups. Games and fun activities with snowboarding.
D2: safety and prevention on the slopes, respect for others. Group snowboarding exercises and progress. Turning technics. Games and fun activities with snowboarding.
D3:. Group snowboarding exercises and progress. Freestyle & figures. Games and fun activities with snowboarding.
D4: exercises and test preparation & medal . Group snowboarding exercises and progress. Games and fun activities with snowboarding.
D5: exercises, test & presentation of the medal, the test booklet and diploma (optional). Group photo. Closing the week with parents and children at the meeting place in La Dôle.

Price Sfr. 490.- / age : 9-16 years / **6 children max per instructor**

Dates : february during the winter school holidays.
Instructor, ski pass, test, booklet and medal included, 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
Not included: transport to the meeting point and back, snowboard equipment rental, extra drink, souvenirs…



Snowboard La Dôle 2 / Practical information :

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
Supervision	Snowboard instructor
Level	Intermediate. Must be able of taking lifts and chairlift. Snowboarding green or blue slope.
Snowboard 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 personnal 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 Progression Ski & Snowboard School	022 360 02 60 / 079 457 23 57

Snowboard La Dôle 2 / Equipement, 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 !

Snowboard La Dôle 2 / 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. 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 rapidily expeled 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 snowboard 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 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.