



## PARALLEL DREAMS COACHING

### Technical Performance Courses

Running at The Snow Centre - Hemel, Chillfactor - Manchester,  
Snozone - Glasgow & Hintertux - Austria.

For details of dates and prices go to our course calendar on  
[www.paralldreams.co.uk](http://www.paralldreams.co.uk)



# TECHNICAL PERFORMANCE COURSES



## Weekend format for UK indoor venues:

These full day courses (with one or two day options) are ideal for continuing to develop your performance in preparation for the winter season . Whether you wish to build your confidence, improve technical aspects of your skiing, learn specific drills to develop your skills for all mountain skiing we will help you to achieve your goals.

Each day will run from 9.30a.m. until 4p.m. with a couple of breaks for lunch and coffee. You should aim to arrive at the centre at 9.00a.m. so you can pick up your lift pass, get changed & meet the Parallel Dreams Coaching Team. Tell the reception that you have booked through Parallel Dreams.



## **Who should attend these courses?**

These courses are aimed at intermediate/advanced parallel skiers and instructors wishing to develop their skills.

## **Why ski with us?**

Our team are amongst the best in the business with a wealth of experience over the last 25 years. You can read more about us by visiting our [coaches page](#) on the Parallel Dreams web site.

For details of specific dates and prices go to our course calendar on [www.paralldreams.co.uk](http://www.paralldreams.co.uk)

# TECHNICAL PERFORMANCE COURSES



## Full week format for early season Alpine based venues:

These 6-day courses are ideal for kick starting your winter season. High altitude skiing combined with world class coaching and superb hotel accommodation make for a perfect way to get your season off to a great start.

Typically these courses will have 5 hours of on snow coaching each day. Group sizes will be a maximum of 8 and the groups will be streamed taking into account skier ability and individual goals. We will also make use of video to enhance your learning.



## **Who should attend these courses?**

These courses are aimed at advanced parallel skiers and instructors wishing to develop their skills.

Whether you want to develop your personal skiing so you can enjoy more of the mountain or you are working towards your next ski instructor certification level we can help you work towards your goals.

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