



LA GARENNE
INTERNATIONAL SCHOOL

SKI ACADEMY

UNLEASH YOUR PASSION FOR SPEED

2025-2026



LA GARENNE SKI ACADEMY



During Term 1 and Term 2, our Ski Academy is designed to help students take their first steps at learning how to train and race the different disciplines of this highly popular winter sport, Alpine Skiing. We operate in partnership with the leading Swiss Ski School in Villars, École Suisse de Ski (ESS).

Our goal is to provide our students with professional instruction, a passion to challenge themselves, to develop their love of sport and nature and prepare them to excel in the competitive world of ski racing. Academy members will experience the thrill of being able to ski any terrain, any piste, in any conditions. Our Ski Team will compete in regional Swiss races, Swiss International School Races and junior FIS Ski Federation events.

Programme Highlights

- Pre-season training on the glacier
- Gym-based strength and conditioning
- Fortnightly training session at altitude
- 3 regular training sessions a week
- 8 training sessions on Sunday morning
- 6 race days
- Two-day trip to different ski resorts

Academy basics

- Technique
- Racing style
- Competition Preparation
- Communication skills
- Resilience
- Disciplines:**
- Slalom / Giant Slalom
- Freeride / Snow Park

Included

- Use of La Garenne Ski Race suit
- Ski Boots/Skis/Ski Poles/Safety equipment
- La Garenne Ski bag
- Lessons with Ski Professionals
- Regular race competitions
- Transport to ski races
- Full and unlimited access to the whole Villars/Diablerets/Gryon ski resort

ACADEMY DATES*

TERM 1 Pre-season training: Thursday 27 November Thursday 4 December Thursday 11 December Saturday 13 December	TERM 2 Ski Races: Thursday 15 January Friday 23 January Monday 26 January Wednesday 25 February Tuesday 3 March Monday 9 March Tuesday 10 March	Every Sunday in Term 2: Additional Training
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FULL PROGRAMME PRICE CHF 2'000

General conditions apply *Events may be modified, based on weather conditions.

