



2011/2012

For Ladies Only! Ski & Snowboard Programs

Back for the 2011/12 season Swiss Valley will offer specialized ski and snowboard instruction for ladies only!

**From Soccer Mom to "Skier Chic"....
From Bleacher Butt to "Boarder Babe"**

Don't just drop the kids off at the Clock Tower...STAY!

Taught by busy Moms, (who just happen to be lifetime Skiers & Boarders) this program is dedicated to women who want to stay active, participate and enjoy winter. With great Instructors, a social environment, and a focus on FUN, we hope to make this more of an adventure and less a lesson. The first assessment session is FREE. Make the 4-session commitment (\$85.00) and Swiss will provide comfortable coaching, patient professionals, equipment discounts and the understanding instruction that will help you enjoy the snow more than you ever have! This program caters to the women who participate, assesment session is secheduled for December, with additional 4 sessions to be held in January.

Meet & Greet December 4th - 3:00PM Lower Lodge

Lessons Scheduled Saturdays:

- **January 7, 14, 21 & 28 ***
- **Skiing: Beginner 9:00AM - Intermediate 11:00AM**
- **Snowboarding: Beginner 5:00PM - Intermediate 7:00PM**

One Make Up Session scheduled for February 4th *

LIMITED SPACE... express interest soon by emailing

jamie@skiswissvalley.com

CLASS SIZE IS LIMITED...WE AIM TO KEEP IT PERSONAL!

\$85.00 Inlcudes:

**Lessons, 1/2 price day of session lift & rental,
personal equipment coaching and shop discounts.**

www.SkiSwissValley.com

Meet Kristy & Emily



**Kristy Ambrosen
Skiing**

Kristy is a AESA and PSIA certified Ski & Snowboard Instructor. She started skiing at age 5 and began teaching at Mount Wawasee by age 12! She is a great skier, snowboarder, outdoor enthusiast and winter lover! She absolutely understands what it takes to make women comfortable on the snow. Join Kristy this season to gain confidence, skill and equipment knowledge. She will help you figure out what makes you a better skier as you relax and make friends!



**Emily Newland
Snowboarding**

Emily Newland has spent 30 seasons on the snow! A Jones native, Emily grew up just down the street from Swiss Valley and secured her first employment at age 13 teaching children to ski in our "Mushroom Patch" program. A recently AESA & PSIA certified snowboard instructor, Emily has not forgotten what it is like to strap both feet into a snowboard and hope for the best. She'll eliminate the anxiety as she comfortably coaches you on basic boarding, linking turns and/or more advanced and intermediate progression. This is your season! Emily will be there to assist with equipment decisions and friendship forging as you participate instead of hibernate!

