

I introduction I

I learn from our instructors! I



At Seven Springs, we think skiing and snowboarding is fun. So learning to do either should be fun too! Our Fun-Based Learning program will have you floating on the snow in no time. Inside the learning area, newcomers are introduced to the sensation of skiing or snowboarding right away, with a focus on "going," rather than "stopping." This program is perfect for both adults and children who have never tried skiing or snowboarding... and it's FUN!

We offer group lessons, private lessons and specialized programs for skiers and snowboarders of all ages and ability levels. Whether you're a toddler or a grandparent, we have a program that fits perfectly for you!

The Snowsports School is open daily and is located on the ground level of the Skier Services building, across from the Rental Center. Reservations are requested. Please call (800) 452-2223, ext. 7997, for more information on our programs or to make your reservations.

I lessons ages 7 and under I

I tiny tots lesson I

Our Tiny Tots lessons allow children to learn the snow skills needed through fun and play as they enjoy the day sliding on the snow with one of our specially trained instructors.

Full Day		Half Day	
Midweek	Weekend & Holiday	Midweek	Weekend & Holiday
\$152	\$195	\$122	\$152
After Lesson Equipment Rental Fee (until 7:00 pm)		\$20	

- We ask that all participants pre-register prior to arrival.
- Reservations can be made by calling 1-800-452-2223 ext 7997.
- Drop off is 8:30 a.m. - 9:30 a.m.
- Pick up: Half-day at 12:30 p.m - Full-day at 3:00 p.m. Equipment is included with enrollment
- Drop off is located in the Tiny Tots Ski and Snowboard School.

I kids' corner I

Children walking age through five years old can enjoy a fun day while mom and dad hit the slopes (or enjoy a nice nap). Open daily from 9 a.m. to 2:45 p.m., Kids' Corner will keep the little ones entertained with toys, crafts, songs, games and movies in a supervised playroom or even a ski lesson out on the snow! Lunch and snacks are included.

	Mon.- Thurs.	Weekend & Holiday
Full-Day+Snow Option	\$121	\$147
Full-Day	\$64	\$79
Half-Day	\$47	\$59
Two-Hours	\$28	\$37

Full-day from 9 a.m. to 3:30 p.m. • Half-day from 9 a.m. to 1 p.m.
Two-hour sessions are available from 9-11 a.m. or 1-3 p.m.
Drop-offs are not available between 12 p.m. and 1 p.m.

Reservations: (800) 452-2223. ext. 7997

I lessons ages 8-15 I

I mountain adventure camp I



Have a blast on the slopes and make new friends all while learning skiing and riding skills. The Mountain Adventure Camp is open to all skill levels.

	Half Day Camp		One Day Camp		Two Day Camp	
	Midweek	Weekend & Holiday	Midweek	Weekend & Holiday	Midweek	Weekend & Holiday
Lesson/Lunch*/Photo	\$60	\$75	\$105	\$132	\$196	\$247
Package A	\$99	\$123	\$132	\$164	\$247	\$310
Package B	\$90	\$99	\$123	\$147	\$237	\$295
Package C	\$139	\$164	\$174	\$205	\$332	\$389

Package A	Package B	Package C
<ul style="list-style-type: none"> • On the snow lesson • Lift ticket • Lunch • Souvenir photo 	<ul style="list-style-type: none"> • On the snow lesson • Lunch • Rental Equipment & helmet • Souvenir photo 	<ul style="list-style-type: none"> • On the snow lesson • Lift ticket • Lunch • Rental Equipment & helmet • Souvenir photo

- Half Day Packages DO NOT include lunch.
- We ask that all participants pre-register prior to arrival.
- Reservations can be made by calling 1-800-452-2223 ext # 7997.
- Check in is between 8:30 to 9:45 a.m. and between 12:00 to 12:45 p.m. Monday - Friday in the Snowsports School. Saturday, Sunday and Holidays in the Mountain Adventure Center before start time.
- Please allow 1 hour to arrange equipment rentals after check in before start time.
- Full-Day Lesson Session begins at 10:00 a.m. and goes to 3:00 p.m. daily.
- Half-Day Lesson Sessions are from 10:00 to 12:00 p.m. and 1:00 to 3:00 p.m. daily.

I triple play cards I

The Triple Play Cards are valid for three full day sessions of Tiny Tots', Kids' Corner or Mountain Adventure Camp and includes your child's lesson, rental equipment, lift ticket and more. Use your Triple Play Card for three separate lessons for one child, or use the sessions together for three children in one day!

Three, full day sessions of on the snow lessons
+ Lift and Rental

Tiny Tots Triple Play Card	\$499
Mountain Adventure Camp Triple Play Card	\$537
Kids' Corner On Snow Triple Play	\$389
Kids' Corner Full Day Triple Play *	\$189

*Does not include lessons or equipment rentals

Card holders must follow the Mountain Adventure Camp, Kids' Corner and Tiny Tots schedule.
Reservations recommended online or call (800) 452-2223. ext. 7997

Reservations: (800) 452-2223. ext. 7997

I lessons ages 8 and up I

I group fun based learning workshops - all levels I

Group Workshops are designed for skiers and snowboarders of all levels of their peers!

	1.5 Hour Session	
	Midweek	Weekend & Holiday
Lesson Only	\$41	\$52
Package A	\$85	\$106
Package B	\$74	\$83
Package C	\$122	\$147

Package A	Package B	Package C
<ul style="list-style-type: none"> • On the snow lesson • Lift ticket 	<ul style="list-style-type: none"> • On the snow lesson • Rental Equipment & helmet 	<ul style="list-style-type: none"> • On the snow lesson • Lift ticket • Rental Equipment & helmet

- If you need tickets and rentals then arrive 1 hour prior to your lesson.
- 10 a.m., 12 p.m., 2:30 p.m. and 5:30 p.m., Monday through Friday
- 10 a.m., 11 a.m., 12 p.m., 1 p.m., 2:30 p.m. and 5:30 p.m., Saturdays, Sundays and Holidays

I private lesson - all ages I

Private ski or snowboard lessons with a Seven Springs snowsports instructor are all about you or your group of friends! The structure of a private lesson allows our instructor to provide instant feedback and personal guidance.

	1 Hour Session		2 Hour Session	
	Midweek	Weekend & Holiday	Midweek	Weekend & Holiday
Per person	\$125	\$125	\$229	\$229
Add per person	\$60	\$60	\$60	\$60
Private Package*	\$176	\$180	\$280	\$284

*Includes one hour lesson and rental equipment with helmet. Ticket must still be purchased

- If you need tickets and rentals please arrive 1 hour prior to your lesson.
- We offer a one hour or two hour lesson on the hour, 9 a.m. - 5 p.m., daily.
- Please check in at the Snowsports desk for all lessons.

I additional programs I

I all mountain adventure & freestyle teams I

This seven-week skiing and snowboarding program will focus on skill development with some of the best snowsports instructors on the mountain. The Mountain Adventure Teams are open to all children and teens, ages 8-15.

Seven Week Series - Saturdays & Sundays Jan. 5, 6, 12, 13, 26, 27 & Feb. 2, 3, 9, 10, 23, 24 & March 2, 3	14 days	7 days
	\$1020	\$530

- We ask that all participants pre-register prior to arrival.
- Reservations can be made by calling 1-800-452-2223 ext # 7997.

Check out our other Specialty Programs,
the Freeheel Festival and
Adult Improvement Clinics, at

7SPRINGS.COM/SNOWSPORTS

Reservations: (800) 452-2223. ext. 7997

I information I

I contact us I

Snowsports Reservations – 800-452-2223 ext. 7997
Snowsports School Email: lessons@7springs.com

I reservations I

Seven Springs Snowsports School strongly recommends reservations at least 24 hours in advance for lessons for all programs.

I payment I

The full amount of the lesson program you have selected will be charged to the credit card provided at the time of booking.

I cancellations and changes I

We will gladly give you a full refund if you cancel 48-hours in advance of your arrival. Otherwise, you will be charged the full amount of the lesson. Weather and snow conditions are not considered viable reasons for cancellations.

I age requirements I

Minimum and exact age requirements are strictly enforced for your safety. In addition, some programs have a minimum skill level required for participation.

I start time I

All programs and lessons begin promptly at their designated times and locations. Please allow 1 hour to arrange equipment rentals and arrival at the designated meeting place. The only exception is Tiny Tots, equipment is included and will be fitted upon arrival.

I releasing children from class I

It is the policy of Seven Springs Snowsports School to release children at the base and not on the slopes. There are no exceptions to this policy.

I adaptive skiing and snowboarding I

Seven Springs Mountain Resort is honored to partner with Three Rivers Adaptive Sports (TRAS) out of Pittsburgh, PA. If you would like more information about adaptive skiing and snowboarding opportunities, please contact TRAS at (412) 848-8896 or contact the Seven Springs Snowsports Office at (800) 452-2223, ext. 7000.



Seven Springs Mountain Resort is the perfect place for family vacations that create lifelong memories. So much more than exceptional snowsports, Seven Springs' legendary service provides guests with year-round relaxing escapes.

Take the entire family skiing or snowboarding in the morning, take a shot at sporting clays or enjoy the thrills

of snowtubing in the afternoon, enjoy a luxurious spa treatment in the evening before a great dinner and then do it all again the next day after a relaxing overnight stay.

For more information on all that Seven Springs has to offer, please call 800.452.2223 or visit 7Springs.com.

I follow our tracks I



2018-2019



Conveniently located at exits 91 and 110 of the Pennsylvania Turnpike in Seven Springs, PA.

SEVEN SPRINGS MOUNTAIN RESORT
800.452.2223 • 7SPRINGS.COM

PENNSYLVANIA'S
WINTER ADVENTURE HQ
— WHERE EVERY DAY IS A SNOW DAY —

777 WATERWHEEL DRIVE • SEVEN SPRINGS, PA 15622 • 7SPRINGS.COM

Ski Levels

BEGINNER

- 1 – First-time, never-ever.
- 2 – First turns, wedge, maybe chair.
- 3 – Link turns, wedge and on chair.

INTERMEDIATE

- 4 – Confident on Green terrain and chair.
- 5 – Starting to explore Blue terrain.
- 6 – Confident on Blue terrain.

ADVANCE

- 7 – Starting to explore Black terrain.
- 8 – Confident on Black terrain.
- 9 – Expert.

Snowboard Levels

BEGINNER

- 1 – First-time, never-ever.
- 2 – Sliding, gliding, no chair.
- 3 – First turns, maybe chair.

INTERMEDIATE

- 4 – Confident on Green terrain and chair.
- 5 – Starting to explore Blue terrain.
- 6 – Confident on Blue terrain.

ADVANCE

- 7 – Starting to explore Black terrain.
- 8 – Confident on Black terrain.
- 9 – Expert.