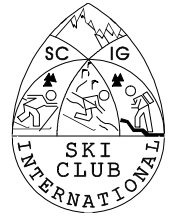




INTERNATIONAL SKI SCHOOL

OF THE INTERNATIONAL SKI CLUB OF GENEVA



"Ski fitness" exercise classes

Good physical preparation for skiing will enhance your performance and reduce your accident risk. The SCIG strongly recommends participation in our pre-season ski fitness exercise classes. These one-hour classes are held every Tuesday evening, beginning in September and running through to April. No previous experience is necessary. Classes are taught by experienced instructors.

Time and dates of classes

On Tuesday evenings, two classes to choose from : 1) 6 p.m. to 7 p.m. 2) 7 p.m. to 8 p.m.

First class 22 September 2009.

Last class 27 avril 2010.

No classes on Tuesdays : 20-10-09 ; 29-12-09 ; 05-01-10 ; 23-02-10 ; 06-04-10.

Place : Salle de gym du collège Sismondi
Avenue de France 30, 1202 Genève

Price : Subscription for the season CHF 120.--
Subscription from January 2010 CHF 90.-
Trial class (one hour) CHF 10.--

Registration : As from 22 September 2009 at the fitness classes.

Other information

SCIG membership card : CHF 50.-- for the year 2009/2010 obligatory.

Each participant must possess his/her own third party insurance policy.

Gym shoes with **white soles are obligatory**.

Organiser : Raffaele Moresino Mobile 079 336 82 28 E-mail : scigraffaele@bluewin.ch

