

ENGLISH

skischule-fiss-ladis.at

Infos and rates

Winter 2024 – 2025





KIDS 3-12 years		
Group	Grading requirements	Slope requirements
B	Bambini skiing lessons – beginners from 3 yrs	Berta's KINDERLAND
1	Beginners from 4 yrs	
2	Snowplough stops – breaking safely	
3	Safe snowplough turns	EASY
4	Snowplough turns – parallel traverse	
5	Snowplough steering – active matching skis	
6	Long Parallel turning	MEDIUM
7	Short Parallel turning	
8	Parallel carving long and short turns	
9	Junior expert group	ADVANCED
MEETING POINT		
Bambini: Berta's Kinderland		
Kids:		
Beginners group 1: Berta's Kinderland		
Snowplough group 2: Meeting point Sonnenbahn mid station		
Intermediate groups 3-7: Meeting point FISS or Sonnenbahn mid station		
Advanced group 8-9: Meeting point FISS		
please be there 20 minutes before your lesson starts		

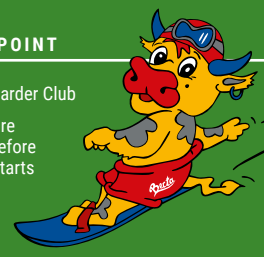
Teens 13-17 years		
Group	Grading requirements	Slope requirements
1	Beginners – first day on skis	PRACTICE AREA
2	Safe snowplough turns	EASY
3	Snowplough steering – active matching skis	
4	Parallel ski steering – long & short turns	MEDIUM
5	Carving – long & short turns	
6	First freeriding & freestyle	ADVANCED
7	Teens Expert Group – safe freeriding	
MEETING POINT		
Group 1-7: Schönjochbahn bottom station please be there 20 minutes before your lesson starts		

On request
advanced skiers
may join an
group lesson

On request, advanced skiers may join any group lesson

Snowboard		
Group	Grading requirements	Slope requirements
BR	RIGLETS 4 - 6 yrs	BOARDER-CLUB
1	Beginners	
2	Back and frontside sliding	EASY
3	Single turns back and frontside	
4	Drift turns – red slopes	MEDIUM
5	Carving & freestyle – drift turns on steep slopes	
6	Freestyle	ADVANCED
7	Freeride and Technique	
MEETING POINT		
All levels: Boarder Club		
please be there 20 minutes before your lesson starts		





SONNENBAHN MID STATION



Adults

Adults		
Group	Grading requirements	Slope requirements
1	Beginners – First day on skis	PRACTICE AREA
2	Snowplough turns	
3	Snowplough steering – active matching skis	EASY
4	Basic parallel turns – wide ski position	
5	Dynamic parallel turns with pole plant	MEDIUM
6	Carving	
7	Top group – Off piste	ADVANCED
MEETING POINT		
Beginners group 1: on the ski school office's roof in Fiss, or at the Sonnenbahn mid station		
Snowplough turns group 2: on the ski school office's roof in Fiss, or at the Sonnenbahn mid station		
Intermediate groups 3–7: on the ski school office's roof in Fiss		
please be there 15 min. before your lesson starts		

SCHEDULE Group lessons 2024/2025

	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO						
December				6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
January	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
February				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
March				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21													
SA – Only private lessons, no group lessons available!																																		

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TIME	REGULAR 1	HOLIDAY TIME 2	HOLIDAY TIME 3
BAMBINI from 3 yrs	10:00 a.m. – 12:00 noon	10:00 a.m. – 12:00 noon	09:30 a.m. – 11:30 a.m.
CHILDREN 4 – 12 yrs	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	Available course times 9:15 a.m. – 11:00 a.m. & 12:15 p.m. – 2:30 p.m. OR 10:00 a.m. – 12:00 noon & 1:30 p.m. – 3:30 p.m.	09:30 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.
TEENS 13 – 17 yrs	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	Start 9:30 a.m. – 3:00 p.m. 4 hour course, individual break	09:30 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.
SNOWBOARD	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	09:30 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.
ADULTS	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	10:00 a.m. – 12:00 noon 1:30 p.m. – 3:30 p.m.	09:30 a.m. – 11:30 a.m. 1:00 p.m. – 3:00 p.m.

Please arrive at the meeting point 15 minutes before the course begins.



SAFETY

We recommend that all ski school students wear helmets, and that children also wear one of our safety vests!

Save time, book & buy online!





Berta's Kindervilla

A milestone for childcare!

"Berta's Kindervilla" is equipped with a large play space, snow-adventure room, large kids' stage, children's ski storage area (bookable daily), the Berta shop and a terrace for parents.

FISS RACE ACADEMY

Race training in the new FISS RACE ACADEMY with our experienced race trainers, providing personalised training for individuals or groups of up to 6 racing students. Book a thoroughly well organised race training on a closed race-course where both the slalom and giant slalom disciplines can be practiced. If so desired, the training can be combined with time trials, video analysis or a purely technical programme with a specially prepared and well-arranged course design.

- **Requirements:** Very good skiing skills, first experience with giant slalom.
- **Appointments:** Available daily, registration at least 2 days in advance.
- **Meeting point:** On the roof of the ski school office
- **Costs:** Half day private rates (3 hours) or full day private rates (5 hours)

Berta's snow groomer

In Berta's Kinderland, the play area with Berta's snow groomer was redesigned and expanded. The snow groomer's shield forms a climbing wall. The snow groomer itself can be controlled by the kids like the big snow groomers. Action time for the kids is guaranteed.

The Märchen Express

A dual conveyor belt from Sunkid will more than double the capacity of the the tunnel conveyor belt from the Kinderland to the middle station of the Sonnenbahn gondola. Two conveyor belts under a tunnel - and a very special highlight - the Märchen Express. During this exciting ride, kids and parents alike can guess which fairy tales will be shown in the tunnel. Life-size fairy tale figures across a length of three times 10 meters transform the trip up the conveyor belt into a real adventure.





Skiing lessons - adults

Learning with enjoyment

Adults learn skiing the easy way at our own practice area. Qualified staff and modern training aid make the group lesson into an unforgettable and successful experience. Of course we also have great programs and challenges for the following skill levels to practice and master techniques and terrain. **Video analysis, technique programs, safety training and much more help you to the correct form.**



Private lessons

Alone, with friends or family – your personal trainer shows you the way to success ...

Flexible and individual training, safe and quick learning, rapid results – this programme is tailor-made just for you. Ideal for all ages and skill levels, to learn or perfect all winter sports, or just to get to know the skiing area better.

- The **avalanche safety equipment incl. the avalanche airbag** are **included** for all **powder, tour and freeride lesson** participants!
- **Flexible starting times.** Every day with prior reservations.



Snowboard lessons

Cool sport to get hooked on

At the **Boarder Club**, our Fun & Practice arena with kickers, moguls, rails, awesome sound and various lifts, you will soon be hooked on this fascinating sport. You will love it here regardless whether you are a beginner or already a pro boarder. Pick up some tips and tricks from the experienced staff at the Boarder Club.



Skiing lessons - Teens

Skiing lessons with lots of fun & action

We have developed a programme especially suitable for teens between 13 and 17 years-of-age with the motto: Sports and Fun. It features adventures and activities like a freeriding challenge, slopestyle, fun-park action, off-piste barbecue and much more. We are also trying out various **trend sports**.

SKISCHULE FISS-LADIS KG

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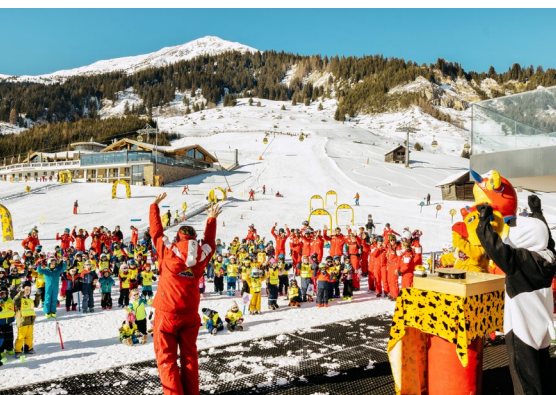


Ski lessons for kids

The little ones rule in Fiss-Ladis!

Learning how to ski is easy with techniques especially developed for children, the newest practice aids, age-appropriate groups and perfect terrain to train in – like at our great and spacious Kinderland. Training aids like ropes, tires, foam noodles, ribbons, big boots and many other things help to optimise the skiing technique.

- **BAMBINIS 3 yrs:** Half-day lessons, max 5 children
- **KIDS 4–12 yrs:** all-day group lessons featuring a special Learn & Fun programme
- **TEENS 13–17 yrs:** Teen club featuring lots of fun action
- **All-day program:** great and flexible activity programme incl. lunch-time supervision, food and beverages



Animation & Fun

The extra entertainment for kids and teens make the ski lesson an unforgettable experience.

The weekly entertainment programme features something for each age group – puppet show and treasure hunt, Cowboy Joe and the Western town, trend sport equipment, Grill & Chill and Fisser Flieger, Skyswing and more. Please visit the Skischule Fiss-Ladis office for detailed and updates information about the weekly program!

- **Highlight of the week – Thursday or Friday:**
Ski race with prize ceremony!
- **Bertas family highlights:** Volker Rosin concert, 05.02.2025



Snow adventure

Children 3 and 4 yrs

At Berta's Kinderland we offer a great outdoor programme where the kids can enjoy the snow without skis. Program highlights include activities like the quest for the Snow Fairy's golden hair, excursions with perky Berta, snowman parties, sleigh-rides, fairy-tale trips as well as visits by our beloved cow Berta. We recommend warm winter clothes including gloves and hats. Don't forget the sun screen!



Kindergarten

Children from 3 months with advance reservation

At our large and generous premises in Fiss (with climbing tower, nap corner, kids' cinema ...), we lovingly care for your little ones. By nice weather we go outside and play in the snow at Berta's Miniland. Our friendly nursery teachers are looking forward to meeting your children!

- **Free sheltered stroller parking** in Fiss & Ladis!
- **Stroller rentals**



Cross-country skiing

With flowing motions and in harmony with nature!

Save energy and enjoy the satisfaction of using the right technique. Lessons feature technique programs for skating and classic, from leisure to top athletic skill levels.

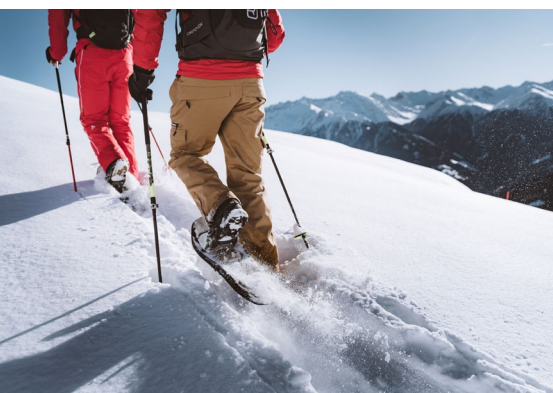


Ski touring

Amazing landscapes & athletic challenges!

Ski touring is one of the most beautiful sports winter has to offer. Ascend the mountain with only light skis and skins, be surrounded by majestic snow-covered peaks, and enjoy untouched powder and glittering corn snow – these are unforgettable experiences. Enjoy our wonderful ski tours with a trained and certified mountain guide.

- **Included gear:** Avalanche transceiver, shovel, avalanche probe and airbag for all participants
- **Excluded gear:** Touring skis, insurance, lift ticket, ski/freeride/touring boots and backpack with meals!
- **Equipment fitting** before lesson start.
- Experienced skiers choose from a variety of tours. (please see price list or weekly program)



Snowshoeing

Immerse yourself in the Alpine winter world!

Snowshoeing is a great alternative activity for athletes of all winter disciplines. No prior skiing skills (Alpine or Nordic) are necessary.



Freeride Dayride

Divine powder and virgin slopes combined with the unique beauty of our mountains.

Freeriding is absolutely thrilling and an ultimate kick. Novices can book day rides on Wednesdays, or any other day on request. The optimal safety gear – with instruction on how to use the avalanche transceiver and airbags – is included in the price, as well as skilled and experienced guides. This is the way to safely enjoy the thrills of freeriding!

- Extra-wide **freeriding skis** included if needed.
- **Requirements:** timely registration and very good skiing skills. Min. 3 participants.
- **Safety first:** Avalanche transceiver, shovel, avalanche probe and airbag included!

We kindly ask that you book all alternative sport lessons or activities at least one day in advance! Please contact us for more detailed information.

Group lessons

adults | Teens | kids | Snowboard

- **Kids' intro day:** beginners up to 6 yrs – Sun or Mon € 68.00
- **Fulday programme for kids & teens:**
optimal and flexible learning and entertainment
programme incl. lunch supervision (food & beverage)
- **Childrens' safety vest – € 4.00**
- **Beginner's special:** Alpine skiing & snowboarding for
adults from Thu with advance reservations (from 4
pers., 2 days € 188.00)

Days	4 hours <small>No lunch supervision – surcharge to full-day program: € 23,00 per day.</small>	Full-day program <small>Including lunch and supervision!</small>
6	391.00	529.00
5	348.00	463.00
4	305.00	397.00
3	262.00	331.00
1	99.00	122.00

Chaperone ticket to Kinderland

For company without skiing gear to the
Sonnenbahn lift mid station.

1 day	3 days	4 days	5 days	6 days
11.50	24.50	30.00	36.50	41.50

Private lessons the individual way to personal success

You receive an intensive and personalised training programme with flexible and individual training methods.

- **Family offer:** Private instruction for the whole family! Two persons pay full price, the rest of the family (kids up to 14 yrs) are free of charge!
- **Flexible starting times:** from 8:45 a.m., every day with advance reservations at the ski school offices or:
www.skischule-fiss-ladis.at

1 Person	2 hours		3 hours		4 hours	5 hours	6 hours
Days	Morning 08:45 – 10:45 10:00 – 12:00 11:00 – 13:00	Afternoon 12:30 – 14:30 13:00 – 15:00 13:30 – 15:30	Morning 09:00 – 12:00 09:30 – 12:30 10:00 – 13:00	Afternoon 12:30 – 15:30 13:00 – 16:00	1 person Flexible times!		
Saturday	230.00	215.00	305.00	285.00	360.00	440.00	475.00
Sunday	245.00	230.00	325.00	295.00	380.00	450.00	480.00
Monday	245.00	230.00	325.00	295.00	380.00	450.00	480.00
Tuesday	245.00	230.00	325.00	295.00	380.00	450.00	480.00
Wednesday	230.00	215.00	305.00	285.00	360.00	440.00	475.00
Thursday	220.00	205.00	300.00	265.00	335.00	430.00	455.00
Friday	215.00	200.00	295.00	260.00	330.00	425.00	455.00
each add'l pers.	35.00	35.00	35.00	35.00	40.00	45.00	45.00

Bambini from 3 years

The easy and fun intro for 3-year-olds.
Half-day lesson – always in the morning!
Perfect care and instruction in groups:
max 5 kids/group

- **We recommend: Bambiniland "HALLO"!**
Su 10:30 a.m. at Berta's Kindervilla
Make the first skiing attempts together with your
children. Introduction, information and play in the
snow. Free!

Each separate half day	68.00
Full-day supervision upgrade at Kindergarten or Snow Adventure	31.00
Skidepot in Berta's Kindervilla per day	4.00

Bertas's Kindergarten

From 3 Months – no skiing

- **Open hours Fiss:** Sun. to Fri. from 9:00 a.m.–4:00 p.m.

Full day (excl. lunch)	71.00
Half day	47.00
Lunch supervision per day	23.00
Stroller rentals	19.00

Bertas's Schneeabenteuer

Play in the snow: children 3–4 years

- **Mon.–Fri. 1:30 p.m. – 3:30 p.m.**

per half day	47.00
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Pure Nature

Please book at least
one day in advance!

Snowshoeing

Monday: Afternoon
hike € 59.00

Wednesday: Panoramic
hike € 93.00

Ski Touring

Start 9:00 a.m.

Tuesday: **Adventure
tour Urgtal**, duration 5
hours. € 120.00

Wednesday: **Slope ski-
touring** for beginners,
duration 5 hours. € 89.00

Thursday: **Samnaun tour
(CH – passport)**, duration
5 hours. € 145.00

Cross-country skiing

Start Mon. 1:30 p.m. –
2 hours € 63.00

Freeride Dayride

1 day - starting times!
€ 120.00

Tobogganing

Tuesday Introduction
1:30 p.m. € 60.00

Please note:


After the 3rd day of instruction
you can choose to extend your
group-lesson card for more
days and pay only the differ-
ence. The Ski School reserves
the right to combine groups or
shorten instruction time should
the group have fewer than 3
participants. We then offer
individual options to continue
your lessons as planned by
paying a surcharge.

Ski School Fiss-Ladis assumes
no liability for accidents that
may occur during, before or
after instruction. Accident/liabi-
lity insurance is recommended
and the responsibility of each
participant.

Refunds (difference amount)
are only possible by injury/
illness with doctor's note.

No refund for classes canceled
due to weather (acts of nature).

Ski passes and equipment are
not included in listed rates.
All children born 2019 or later
need a free Murmli/Berta card,
and children born 2018 to 2010
need child ski passes.

Payment methods: Cash,
EC Maestro cards or these
credit cards. 

Season starts on Dec 6, 2024
and ends April 21, 2025.

Errors and omissions excepted.
Subject to change without no-
tice. Jurisdiction Landeck.