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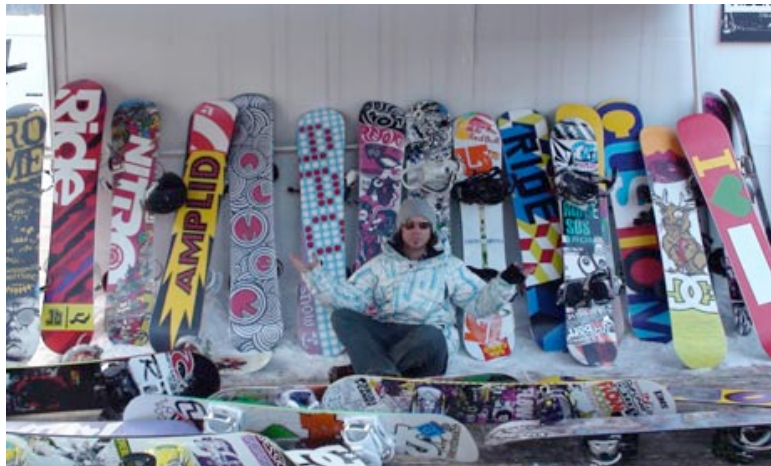
Skiing and snowboarding courses for 2009/10

The best skiing and snowboarding courses, for everyone from powder hounds to those who have never set foot on the slopes

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At Synergy Snow Sports, Switzerland.

Beginners' skiing: Sölden, Austria

For a total novice, heading straight for the Alps can be a daunting prospect. Inside Out Skiing offers three introductory sessions in the UK at Xscape, Milton Keynes' indoor snow centre, to build confidence, then a week in Sölden, Austria, for daily lessons with the same instructors that taught you the basics.

From £1,208pp half-board, including flights and transfers. +44 (0)845 890 7979, insideoutskiing.com.

Boys' and girls' camps: Laax, Switzerland

Run side by side, two camps, one for boys and one for girls aged 16 and up, in Laax, Switzerland, include five days' tuition with a special focus on freestyle and park skills. The accommodation is split: three nights are spent in the hip Riders' Palace in the resort village and four in lodgings up the mountain next to the snow park, with first-track access to the pipe. A partnership with Apple means video recording equipment is provided.

From €840pp, flights and transfer not included, some meals included. +46 7038 08 584, girliecamps.com, brotherhoodcamps.com.

Kids' club: Chamrousse, France

Chamrousse is a new resort for Crystal this year, so the operator is giving all guests a free lift pass. Kids' ski clubs divided into age groups for 3-12 year olds cost from £94pp for six half-days.

£300pp, £179 per child, including apartment accommodation and flights, crystalski.co.uk.

Freestyle skiing: Banff, Canada

two-week course in Banff.

From £1,886pp half-board, including transfers, lift-pass, coaching and social events. Flights from £500 extra. +44 (0)845 365 1525.

Snowboard freestyle: Davos, Switzerland

New this season, the seven-night Synergy Freestyle Park Tour Camp is aimed at snowboarders who want to improve their park skills. Working with small groups, instructors aim to build confidence and improve technique, from the basics of popping and riding switch, to rails and mid-air rotations.

From £715pp, including accommodation at a self-catered hostel, but excluding flights. +44 (0)141-416 3525.

Mountain safety: Argentière, France

Extreme off piste skiers and snowboarders should know about avalanche safety, navigation, weather conditions and how to deal with emergencies. A new six-day course teaching all this "mountaincraft", plus the basics of touring equipment and techniques, is available through the Ski Club of Great Britain this March in Argentière. Learn through lectures and by skiing around the Mont Blanc region.

£850pp half-board, excluding flights and lift pass (€240 per week extra), from 12 Dec and 6 March, +44 (0)20 8410 2022.

Off-piste skiing and safety: Zell-Am-See, Austria

The Freeride Experience offers three days' guided skiing excursions into the backcountry around Zell-Am-See. New skis and poles, backpacks and avalanche beacons are provided, with training in how to use them. Split by ability into groups of no more than seven, each day you will be led by a guide to the freshest powder, and learn to ride it safely.

€279pp for three-day ski camp. 0043 699 110 25 964. Accommodation at the Pension G

ruber, €30pp based on one person in a double room.

Snowboard tricks: Morzine, France

Rude Chalets are hip but friendly pads (sponsored by Burton snowboards) in a few French resorts and offer a variety of camps throughout the winter. New this season is a park, pipe and jib course across the Portes du Soleil area in April, with two pro riders.

From £499 per week including half-board based in Morzine, transfers, park instruction and mountain hosting. +44 (0)870 068 7030.