

2025 - 2026

WINTER PROGRAMME

Information





Ski Programme

At VIS, students can combine a high level of education with an advanced ski and snowboard programme.

Given the privileged location of our school in Verbier, Switzerland, we have the advantage of easy and quick access to the slopes. The academic and sports timetable is designed so that students can enjoy between 6 and 12 hours of skiing per week. Ski lessons are delivered by professional instructors from the Swiss Ski School of Verbier (ESSV), and Independent Snowboard School, following the Swiss Snowsports teaching guidelines.

Each student has the opportunity to choose a pathway according to their expectations, skills, and interests.



Options

Ski or Snowboard – 6 hours per week
Years 12 - 13 ski 3 hours per week*

Freeride Academy – 6 hours per week

Race Academy – 12 hours per week

Combi (Freeride + Racing) – 9 hours per week

Ski lessons take place in the Verbier 4 Vallées ski area, which offers over 410 km of slopes. Depending on snow conditions, it is possible to ski from early November until the end of April. The choice of programme is both personal and technical, depending on the student's motivation, goals, and skiing level.



Ski and Snowboard Programme

Part of the school's general sports plan, the ski and snowboard programme ensures an excellent level of training for recreational skiers and snowboarders. Students learn the fundamentals of alpine skiing on regular slopes and receive an introduction to freeride, freestyle, and racing. Lessons take place across Verbier's varied terrain, offering rich learning opportunities. Students who demonstrate strong technical skills and enthusiasm may progress from the regular ski programme to the Race Academy or Freeride Academy.

Race Academy

This option is designed for students who have achieved an advanced level of skiing and wish to participate in competitions. The main difference in this programme lies in its technical intensity and training volume. Students must be aware of the level of commitment required to pursue high performance and competitive results. This option includes a minimum of 12 hours of skiing and training per week, focusing on Slalom and Giant Slalom disciplines. Students aged 12 and older will also experience speed training in Super-G. Training takes place mainly in the Savoleyres sector of Verbier, which features two dedicated training slopes, one of them FIS-approved for competition. Each morning, coaches prepare the slopes before students arrive to optimise training time. Sessions include warm-ups and technical drills based on the Swiss Ski School methodology. On weekends, selected students may participate in local and regional competitions. When no races are scheduled, full-day training sessions take place on Saturdays.

From October to the end of March, once a week, students engage in complementary physical training in the gym to develop endurance, strength, coordination, and balance.

At Verbier International School, our experienced coaching team ensures that each student receives individual attention and is challenged to excel and enjoy their skiing. Training sessions are adapted according to each student's level, ensuring steady progress and maximum performance in every discipline.

Freeride Academy

As Verbier is a Freeride World Tour venue and one of the most renowned freeride destinations in the world, it was only natural to include this intensive programme, allowing students to learn and develop safely. Freeride skiing is adventurous and demanding, requiring high levels of skill, experience, responsibility, and physical fitness. Students are guided by ESSV instructors of the highest qualification, certified with the Federal Brevet by Swiss Snowsports. From mastering proper technique on regular slopes to tackling progressively more challenging off-piste terrain, students will acquire the skills to ski safely and creatively. Specific aerial skills training will be conducted in the La Chaux snowpark, alternating with off-piste sessions. To ensure maximum safety, ski teachers will ski with small groups of students in charge. A member of the school staff will always be present in the area to support the groups in case of emergency. Choosing the Freeride Academy requires that both students and parents acknowledge and accept the inherent risks associated with this discipline.

Combined Programme (combi)

This special option is designed for students who demonstrate skills and interest in both racing and freeride disciplines. With 6 hours of freeride and 3 hours of race training per week, it offers an ideal balance for those who wish to experience both without committing fully to one discipline. Students enrolling in the Combi programme must have the full equipment required for both racing and freeride skiing. In all VIS ski programmes, teaching is personalised to each student's needs. We ensure small groups, close supervision by ESSV instructors, and constant monitoring by the Head of Ski Programme to guarantee safety and progress.



Our Focus

At Verbier International School, our focus is on safety, joy, learning, and maximising each student's potential to excel in skiing or snowboarding. Our coaches carefully select groups to ensure students are both challenged and comfortable. The right combination of level and group dynamics allows each student to learn effectively and enjoy the experience according to their individual goals.

Weekly Schedule Overview

FS1/2 AND PRIMARY SCHOOL

SKI 2 TIMES/WEEK IN THE
AFTERNOONS

SECONDARY SCHOOL

SKI 2 TIMES/WEEK IN THE MORNINGS

RACE ACADEMY

SKI 2 TIMES/WEEK + **FULL SATURDAYS**

COMBI

SKI 2 TIMES/WEEK + **SATURDAYS
MORNINGS**

*BOARDING STUDENTS AUTHORIZED
BY PARTENTS - FREE SKI ON
WEEKENDS



Ski Fitness

Under the guidance of the professionals at Acro Verbier, our students can prepare physically before and during the ski season. The sessions focus on improving the strength, agility, power, and speed of the athletes according to their age and physical condition.



admissions@vischool.ch



[@verbier_international_school](https://www.instagram.com/verbier_international_school)



[vischool.ch](https://www.vischool.ch)



+41 27 565 26 56

