



Few tips...

For successful holiday at
Piou-Piou Mini Club /
Piou-Piou Club of
the Méribel Valley ESF!



Hello everybody !

The Piou-Piou Club is a playful magical place adapted to the world of children learning to ski and created for future champions of skiing : ski and sliding guaranteed !

→ I'm less of 4 years old, I'm at Piou-Piou Mini Club!

The welcome time is relaxed and pampered.

It is between 9.30am and 10.00am the morning and between 2.30pm and 3.00pm the afternoon in order to integrate your children in a gentle way.

→ I'm between 4 and 5 years old, I'm at Piou-Piou Club.

The welcome is between 9.00am and 9.30am and between 14.00pm and 14.30pm.

A Day at Piou-Piou Club / Piou-Piou Mini Club!

- ⊕ Welcome time between 9.00am and 9.30am
- ⊕ Firsts moments on skis
- ⊕ Snack time
- ⊕ Fun and games on skis
- ⊕ Parents return at 11.45am
- ⊕ Possibility of lunch between 12.00am and 2.00pm
- ⊕ Quiet time after lunch at the Club
- ⊕ Welcome time between 2.00pm and 2.30pm
- ⊕ Ski/Play/Snack
- ⊕ Parents return at 4.45am

The progress of all the children will be rewarded with a medal !!!

The medal is only included for weekly registration.



We have three objectives :

- ✓ Starting towards independence : to enable children to move freely on skis around the ski playground.
- ✓ Gradually learn the skiing skills to progress using the fun cartoon characters seen below :



I discover the snow playground



I'm doing my first climbing steps and first slides



I slide and I control my speed with my snowplough



I change direction using my snowplough turns



I'm independent and ready to ski on the nursery slopes with my instructor

- ✓ Discover the mountains and understand the first ideas of safety.

All the activities are based on the **5 cartoon characters** involved in the story of « The Aventures of Piou-Piou ».

Objective of the Piou-Piou Mini Club is :

- ➔ Motivate the child to move with skis in a snow playground using an imaginary world.

Objectif of Piou-Piou Club is :

- ➔ Having fun, sliding in the snow playground of the Club and nursery slopes. Then, as soon as they master the snowplough they will get Ourson medal.

The educational concept is based on the ideas of fun, freedom and games, so the children can learn at their own pace.

Teaching skiing to children is an integral part of the skills of professional ski instructors.

This allows them to ensure an easy and progressive understanding of the process, taking into account the childhood world.

Safety, physical and emotional issues are the constant concerns in our Club.

→ To get the day off to a good start, make sure your child is well rested and had a good breakfast.

→ Your child must be well equipped from the first day !

The equipment :

- **The boots** : The correct size !
Not three sizes too big so that they can wear two pairs of socks as well as their long johns : this is a mistake !
- **The skis** : Not too long ! Only up to the chest level.
Trust the professionals in the ski shop to adjust the bindings according to the weight of the child.
- **Helmet** : Obligatory !
In the car they have their special child seat and safety belt.
On skis they must wear a helmet !
- **Mittens** : YES ! Gloves with fingers : NO !
- **Goggles or Sun glasses** : with a strap/cord
- **Jacket, salopette or all in one** : warm, comfortable and waterproof.

Make sure that their names are on all their equipment !

! Remember !

You are in the mountains, the weather changes quickly !

- **Pockets** in the jacket for little snacks + skipass !
- **Bracers** over the sweater is better in case of an urgent wee.
- **Breathable layers** that allow more comfort.
(no cotton which remains wet). A woollen jumper or a fleece.
- **Long john** : again no cotton !
Avoid jeans under the ski trousers !
- **Socks** : warm and the right size !
Wrinkles can cause blisters.

Don't forget :

- ♦ **Sun cream**, even if it's cloudy, the UV is intense in the mountain
- ♦ **Ensure your child has a ski insurance**
- ♦ **Ski pass** : Get one from the lift compagny.
It's **free under 5 years** of age with proof of age.
- ♦ **Bring your child's comforter / Teddy bear** :
New place, new people, lots of change...
Your child needs reassurance !
- ♦ **Bring a pack of biscuits** for the week (it's for everybody)

☺ Tell us whether there are **dietary issues or health problems**.
If there are food allergies, bring their own meal.
We might need their health record and vaccination diary in that case.

☺ If there are **little tears**, don't worry, our staff are there to reassure and console your child.
Try not to interfere but prepare your child to be ready to come to Piou-Piou Club.

- ☺ **Be punctual** ! All the children can't wait to put on their skis.
Please respect our opening hours in order not to penalise the other children and the staff.

- ☺ It's difficult but it's better that **your child can't see you** when they are in the playground. (It might disturb them).
At the end of the session the staff will be happy to give you a progress report.

- ☺ The **managers** of the Piou-Piou Clubs will respectfully look after the emotional, physical needs of your child.



Questions / Responses :

At what age can children start in the Piou-Piou Club ?

Children are welcome from three years of age.
They will have developed social skills by this age.

The design and the facilities of the Club and playground will encourage the early development of their skiing.

It is a dedicated space for children of this age and their capabilities.
A little imaginary world to help motivate children to play on skis in our snowy playground.

We take into account the psychological and physical abilities of children between 3 and 5.
Through the discovery of the Piou-Piou Club cartoon characters they will move towards independence on skis.

Morning, afternoon or all day sessions ?

The daily program is organised to respect the rhythm of the children.

As well as learning to ski, plenty of time is allowed for snacks, toilet time, playing and discovering the mountains...

If at anytime you are passing and see your child not on skis, you can be reassured that these little breaks are necessary because young children can get tired quickly and need some mental and physical rest.

For the 3 year old children : Better to choose half days.

If your child wakes up early better to choose mornings.

For the 4/5 : Mornings and afternoons are possible.

Make sure that they get a good rest at lunchtime if they are going back to the Club in the afternoon.

What if they don't want to ski all the time ?

Perhaps your child needs longer get used to this new world.

Don't worry let them take their time. They will watch, play, jump, run and slide in the snow in ski boots and other equipment.

All these new experiences will help them to get used to the new environment.

What about if they cry at first ?

The skilled staff of the Piou-Piou Club are able to help them overcome their fears related to the new and different environment and experiences...

We attach great importance to talking and having mutual feedback with parents. Feel free to give us any useful information concerning your child.