

Oshima's Ski Lessons *(Juku Style: Personalized, One-on-One Ski Lessons)*

【Instructor】 : Keitaro Oshima

20251223



- SAJ Licensed Full Ski Instructor, B-class Examiner, Graduate of Tokyo Univ.
- I am a qualified ski instructor offering English-speaking ski lessons at “SNOVA”.
- With extensive experience, I tailor each lesson to your needs, effectively conveying the essence of skiing through clear explanation and hands-on guidance.
- I provide lessons for all levels, from beginners to advanced skiers.
- My experience as Director of JNTO’s London Office also helps me communicate clearly and comfortably with English-speaking skiers.
- *JNTO : Japan National Tourist Organization
- **Lesson Fee:** from ¥4,000 per hour.

【For details & contact information】 → <http://oshimalesson.com>

Email: oshimalesson@gmail.com



【Comments from participants of Oshima's lessons】

“He is an amazing teacher. One of the best teachers I have had in my life”

“He is very good at what he does and is a great instructor.”

“If we find chance to ski in Japan, we would like to get in touch.”

“SNOVA” : an ideal slope for first-time skiers !!

Q: What kind of slope is “SNOVA Shin-Yokohama”?

Why is it ideal for people who are skiing for the first time?

A: 1. Japan's only year-round indoor ski slope (completely enclosed facility):

There is no cold wind, and the temperature is stable at around 0° C.

You do not have to worry about freezing.

If you need a break at any time, a rest area is within a 30-second walk, where you can relax and enjoy a warm drink.

2. All necessary ski equipment is available for rental at “SNOVA Shin-Yokohama”:

You can come empty-handed and still enjoy skiing.

3. Well-designed slope layout:

If you are able to ski down the “SNOVA” slope from the top, you will be able to ski down beginner to intermediate-level slopes at outdoor ski resorts.

“SNOVA” slope gradient:

Lower section: 11degrees

Upper section: 14 degrees

【Recommended Lesson Courses】

Please pay the slope admission fee and equipment rental fees directly to “SNOVA Shin-Yokohama”.

The following prices are for Oshima Ski School lesson fees only.

【Beginner Ski Course (First-Time Skiers)】

- **2-hour lesson package: ¥10,000 per person**
- **Lesson content:**
 - Explanation of ski equipment and how to handle it (putting on and taking off skis, and how to carry them etc.)
 - Moving on snow (walking, changing direction, climbing gentle slopes)
 - Sliding straight downhill and stopping in the snowplow position
 - How to stand up safely after a fall
 - Continuous snowplow turns from the top of the slope (only if appropriate for your level)

Other courses are also available, including lessons focused on mastering parallel turns.

Please feel free to contact me.

→ oshimalesson@gmail.com