

**soo finnish nordic**

**ADULT LESSONS**

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**winter 2013-14**

Offered FREE  
to our adult members!

**SATURDAY MORNINGS**

**JANUARY 4 to FEBRUARY 22**

**10:15 a.m. - 11:45 a.m.**

small groups  
geared to your needs...  
we'll cover it all >>>>>>

GLIDE  
DYNAMIC BALANCE  
CLASSIC DIAGONAL STRIDE  
SKATING  
POLING  
HILLS

You're welcome at any lesson –  
once, twice, weekly, or  
whenever you can...

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**\*\*JACKRABBIT PARENTS:**  
You can get your kids started, attend  
your own lesson, and be back in time  
to meet them...

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we will teach to

**YOUR LEVEL & YOUR PACE**

we will build

**YOUR SKILLS & YOUR CONFIDENCE**

you will

**GLIDE & STRIDE,  
POLE & CONTROL,  
CLIMB & SKATE**

**and feel like a healthy athlete!**

Here's how to get your FREE lesson(s):

1. BECOME A MEMBER of Soo Finnish Nordic Ski Club. (on-line registration via club's website)  
[www.soofinnishnordic.com](http://www.soofinnishnordic.com)
2. CHOOSE "Adult Ski Lessons" from the list of club activities. (This will generate a list so we can contact you by email if necessary)
3. SHOW UP (whenever and as often as you can) at 10:15 a.m. on Saturday mornings in Jan & Feb. We'll divide into groups according to readiness...

If extreme cold or blizzard conditions warrant cancellation, a message will be posted on the club's and Hiawatha Highlands' websites by 9:00 a.m. on Saturday morning.

Extra lessons or for non-members may be arranged for a fee.

For more info call Dee at 945-8558.

**SKI YOUR WAY TO WINTER FUN & FITNESS!**

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