

**XC SKIERS ARE MADE IN THE SUMMER**

# **Soo Finnish Nordic Summer Dryland**

**Dryland program for skiers aged 10 and up  
Hiking, biking, time trials, pole bounding,  
roller skiing, fitness testing  
Have fun and stay fit  
with Coaches Greg, Ian, & Anna**



**Try it for Free June 5-8  
Registration opens online June 7**

**Mondays and Thursdays  
June 5 - Aug 24, 2017  
7:00-8:30pm**