

Soo Finnish Nordic

ADULT LESSONS

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winter 2018

OFFERED *FREE*
TO OUR ADULT MEMBERS!

small groups
geared to your level & pace...
we'll cover >>>>>

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...

LESSONS

Jan. 13, & 27
(no lesson on 20th due to
SNOWFEST)

Feb. 3, 10, & 17

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Extra lessons, or for non-members
may be requested.

YOU CAN BUILD
YOUR SKILLS & YOUR CONFIDENCE

YOU CAN IMPROVE
YOUR CLASSIC DIAGONAL STRIDE

YOU CAN LEARN
HOW TO SKATE

YOU CAN GET
MORE POWER from your POLING

YOU CAN CONQUER
HILLS with CONTROL!

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
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 at the BLUE CLUBHOUSE (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.

FOR MORE INFO CALL DEE at 542-2448

SKI YOUR WAY TO WINTER FUN AND FITNESS!

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