

# SOO FINNISH NORDIC SKI CLUB

## ADULT SKI LESSONS 2009-10



New to skiing?  
HiLLs make you nervous?  
Want to try skating?  
Need a technique tune-up?  
Want to whiz by slower skiers?

*Improve your GLIDE & CONFIDENCE - Increase your FUN & FITNESS*

WAXING CLINICS: Sat. Dec. 12 & Sat. Jan. 2  
1:00-3:00p.m.

CHRISTMAS HOLIDAY LESSONS:  
Mon. Dec. 28 & Wed. Dec. 30 1-3p.m.

SATURDAY LESSONS – January only  
10:15-11:45 a.m.  
Saturday dates: Jan. 2, 16, 23 & 30

SPRING SKIING – tba How to use the end of season snow conditions for great skating and off-trail opps. Look for info at the office or on-line at [www.soofinnishnordic.com](http://www.soofinnishnordic.com)

**Meet at the blue SFN building for all lessons**

Other lessons/waxing clinics may be added by request through the Hiawatha Highlands office or by contacting  
Dee at 945-8558 or email [acdpaterson@shaw.ca](mailto:acdpaterson@shaw.ca)

**COST for Non-Members of SFN per person (1 Hour lesson):**

Private - \$40.00

Semi Private - \$20.00

Group - \$10.00

**Soo Finnish Nordic Members – unlimited FREE lessons!**