

SOO FINNISH NORDIC SKI CLUB

ADULT SKI LESSONS 2010



FOCUS or FINE-TUNE in FEBRUARY

Improve your GLIDE & CONFIDENCE - Increase your FUN & FITNESS

If you have already taken some lessons this winter, you're welcome to continue...
If you'd like to focus on one aspect of your skiing, come join us...

Sat, Feb. 6th – HILL SKILLS – up, down, turns – safety and confidence!

Sat, Feb. 13th – POLING & TRANSITIONS – more power from your poles – *Classic* - diagonal>one kick double pole>double pole... OR *Skating* –1 skate>2 skate>offset...
PLUS smooth transitions- step turns, lane changes, in and out of track...

Sat, Feb. 20th - EVERYONE SKATES! - try skating for the first time OR get some tips on getting better!

Sat, Feb. 27th – TRY A NEW TRAIL – if you've never tried the Red Pine or Crystal trails, join us for a group ski on one of these beautiful trails...

Meet at the blue SFN building for all lessons - **10:15-11:45 a.m.**

SPRING SKIING – Waxing Clinic, possible March lessons - tba

Look for info at the office or on-line at www.soofinnishnordic.com

Other lessons/waxing clinics may be added by request through the Hiawatha Highlands office or by contacting Wayne Westman at 946-1071.

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