



Sisu Nordic Ski Foundation

Sisu Open House and Intro to Summer Training
A Fun medium to stay Healthy Year-Round

****ALL levels welcome****

New to skiing/workingout, experienced but want more, or just looking for a group to workout with.

Bring the Whole Family

Saturday, May 22
Battle Creek Rec. Center
9:00 – 11:00 am

Kids age 4+ will enjoy an “Outdoor Adventure”

9:30-10:30 Introduction to
Summer Training Fundamentals
Polehike Demo and Group Hike

Sisu program information for
Juniors & Masters

Fitness Testing and Evaluation for Experienced Athletes/Skiers

Marwe Roller Ski Demo & Rossignol Boots
Helmet Required

Refuel with Snacks After
Bring a water bottle

www.sisuskiers.org
651-964-8442

Battle Creek Park/Rec. Center
75 Winthrop St. S.
St. Paul MN 55119