

Sisu Ski School: Fundamentals of Skiing



Classic or Skate then **LUNCH!**

What: An adult ski class (men & women) designed for beginner and Intermediate level skiers (you choose skate or classic). Whether you just bought new skis or would like to refine your classic /skating technique, coaches Ben Popp and Mike Nightingale will help you improve your fundamentals and make you a better skier. A tasty healthy lunch is included after we ski and is a fun time to digest the days skiing experience.

Class size restricted, so sign up early!

When: 5 Tuesday mornings beginning January 10th, continuing through Feb 7th, 10:30 to 12:30

Where: Various west metro ski areas

Sign-up: Online www.sisuskiers.org/masters/registration or at GearWest, or mail in registration form to : Sisu Nordic Ski Foundation, P.O. Box 485, Willernie, MN 55090

Other Details: Cost is \$150 for the 5 week class and includes lunch. Class will always be held so dress for conditions.

More Info: info@sisuskiers.org • 651.964.8442

GEAR WEST

