



2018 Sunday Ski School
 January 7, 14, 21, 28
 Cross Country Ski Lessons for everyone
 All ages welcome!



2018 Sunday Ski School

Who teaches the lessons? Lessons are taught by a group of volunteers from the Bemidji Area Cross Country Ski Club who have experience teaching skiing. Lessons are designed to teach the "basic level skills" of both classical and skate skiing techniques.

When and where are the lessons?

Bemidji Middle School - Meet in the cafeteria

Sundays, January 7, 14, 21 from 1:30 PM—3:30 PM.

Sunday, January 28, 1:30 PM — Sons of Norway Barneløpet, a children's race

Cost to participate?

\$15 for all sessions, per individual. Maximum fee of \$75.00 per household/family. *

* Includes membership: Each family or adult individual must pay membership dues to the Bemidji Area Cross Country Ski Club. Membership dues are \$15 for single and \$30 for a household/family. Family scholarship assistance is available. Contact Joan @ 218-368-3127 for more information. **Equipment?** BACCSC encourages participants to bring their own equipment. However, equipment is available (skis, boots, poles) at no additional charge on a first come basis for those needing it. **Classic skis only.**



Register at the first session or print out a form from our website and bring it with you:

bemidjicrosscountryski.org

Questions? call 218-368-3127

email: joan.sagedahl@gmail.com



