



ThreeRivers
PARK DISTRICT

Dryland Cross-Country Ski Training Clubs



Three Rivers Park District dryland training clubs are designed for adults ages 18 and older who are interested in preparing for the cross-country ski season. Sessions will include both strength and fitness components with a focus on improving balance, flexibility, core strength, light cardio, and ski technique through dryland drills for both skate and classic skiing. Each session will include hill bounding and/or pole hiking on varying terrain and include modifications for the recreational skier or advanced racer to suit all interests and abilities.

French Regional Park—Tuesdays

September 17—November 19
6—7:30 PM

Hyland Lake Park Reserve—Thursdays

September 19—November 21
6—7:30 PM

Registration required five days before the program starts.
\$95/10 sessions. Ages 18+.
Call 763.559.6700, or register online at threeriversparks.org.

Questions? Email tyler.thompson@threeriversparks.org