

# **Monday Night Lessons**

## **Lake Elmo Park Reserve**

***If you want to try Nordic Skiing or tune up your technique, Washington County Parks has teamed up with***



***Free lessons are offered by the club's "instructor in residence" program. Lessons will start on Monday nights when snow conditions are skiable but you must pre-register by Sunday evening. For more information: [www.rideandglide.org](http://www.rideandglide.org)***

*Group lessons begin at 6:30 pm at the Nordic Center Trailhead.*

*To sign up, please send an email to Steve, [sdthatcher@q.com](mailto:sdthatcher@q.com) with the following information:*

- *Classic or skate?*
  - *If you need classic equipment it can be rented at Joes Ski Shop. Print the voucher on website and bring it to Joes for \$5.00 off.*
  - *Skate equipment available for rent from the club, \$10.00.*
- *What ability level? (Beginner, Intermediate, Advanced)*
- *How many people if you want to bring more than yourself?*
- *How old are you? (Must be 14 or older)*

*Class size is limited so sign-up early. You will get an e-mail confirmation. The lesson is not scheduled unless you get the confirmation. Watch for it or call 651-439-6961.*

*Ride & Glide Ski Club will limit people to one free lesson on Monday nights.*

