

Nordic Spirit Youth Ski League

Hey kids and parents, it's winter again and a great time of year. We offer cross-country ski lessons at Spirit Mountain Nordic Center to kids ages 5 -14 year old at an affordable price, with great volunteer teachers and ski equipment if needed. Sunday Jan 6, we will have late registration and fitting of boots and skis from 12:30 – to 1:30 pm at the Nordic Center. The actual ski lessons will begin Sunday Jan 13 for six weeks and the last lesson will be a picnic on Sunday Feb. 17. Children in grades K - 3 lessons are from 1:30 - 2:00 pm and grades 4-8 ski from 12:30 - 2:00 pm. The cost is \$20 for the first child and \$15 for the 2nd with a maximum of \$35/family. Price includes use of ski equipment free anytime, all winter and a ski pass. Please register early to save time on Jan 6.

Pre-register for Nordic ski lessons

Name 1. _____ Grade ____ Age ____

Name 2. _____ Grade ____ Age ____

Name 3. _____ Grade ____ Age ____

Address _____

City _____ State _____ Zip _____

Telephone # _____ Amount enclosed _____

E-mail address _____

Checks payable to NSYSL

Please send checks and registration to NSYSL c/o Ellen Lindgren, 5882 Cant Rd. Duluth, Mn. 55804. For questions call Mary Jane Sorenson at 626-2532.