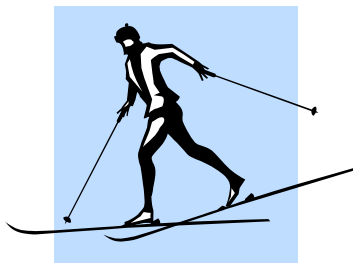


 **New for 2011-2012!**



Kenora Nordic Masters Ski Program

- ❖ *Have fun & get fit*
- ❖ *Improve Technique*
- ❖ *Train to race*
- ❖ *Race prep & Race fun!*

Dryland Sessions : Start Sep 28 @ Mt. Evergreen

Wed @ 5:30 – 7 pm And Sundays @ 10 – 11:30 am

On Snow Sessions:

Wed @ 5:30 – 7 pm And Saturdays @ 1:00 – 2:30 pm

Fee: Kenora Nordic Trails Season Pass + \$90 program fee

For further information, contact Janet Findlay at kenorarunning@hotmail.com

