Active, Healthy Lifestyles & A Connection to the Outdoors

Recreational Sports Outdoor Program
University of Minnesota Duluth
Fall 2018

www.umdrsop.org

Recreational Sports Outdoor Program
University of Minnesota Duluth

INTRAMURAL SPORTS - FITNESS/WELLNESS - AQUATICS - CLIMBING - SURFING & SNOW KITING
OUTDOOR ACTIVITIES - WORKSHOPS/CLINICS/CRAFTS - KAYAKING & CANOEING - SPORT & OUTDOOR CLUBS

Active, Healthy Lifestyles & A Connection to the Outdoors
The UMD Dance Team is a nationally competitive team comprised of highly motivated dancers. This past season, the team placed 5th in the nation at the Universal Dance Association (UDA) Nationals and placed 3rd the previous year competing in the style of jazz! As a team, the women perform at UMD athletic events such as football and basketball games, and they compete at UDA Camp in the summer and UDA Nationals in Orlando, Florida in January. The team also performs at several school fund-raisers and dance shows within Minnesota.

The UMD Dance Team consists of up to 22 dancers each season, including three captains who manage the team’s finances, apparel, choreography, and fund-raising. Through their involvement with this Sport Club program, the women develop a good work ethic and time management skills. Being a part of the team requires a lot of hard work and dedication, something that each member has put forth over the years. The women look forward to the years to come, and are excited to have hired coaches to continue the growth of the team.

“I could not be more proud to be a member of this sport club program. Over the years I have made lifelong friendships with those who share the same passion as I do!”

–Brianna Shirley, 2017-18 Team Captain
HOURS OF OPERATION

<table>
<thead>
<tr>
<th>Facility</th>
<th>Location</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAIN OFFICE</strong></td>
<td>153 SpHC</td>
<td><strong>Day</strong> 8:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mon–Thr 8:00am–6:00pm</td>
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<td></td>
<td>Fri 8:00am–4:00pm</td>
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<td></td>
<td></td>
<td><strong>Day</strong> 9:00am–4:00pm</td>
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<td></td>
<td></td>
<td>Sat, Sun 9:00am–4:00pm</td>
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<tr>
<td><strong>RECREATION CENTER</strong></td>
<td></td>
<td><strong>Day</strong> 6:00am–11:45pm</td>
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<tr>
<td></td>
<td></td>
<td>Mon–Thr 6:00am–11:45pm</td>
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<td>Fri 6:00am–8:45pm</td>
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<tr>
<td></td>
<td></td>
<td>Sat, Sun 9:00am–8:45pm</td>
</tr>
<tr>
<td><strong>FACILITIES WILL BE CLOSED ON SEPT 3, NOV 22 &amp; 23.</strong></td>
<td></td>
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<tr>
<td><strong>PATRONs MUST CARRY THE APPROPRIATE PASS AT ALL TIMES.</strong></td>
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<tr>
<td><strong>SCHEDULE CHANGES ARE COMMUNICATED ON OUR WEBSITE AS WELL AS VIA SOCIAL MEDIA.</strong></td>
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<tr>
<td><strong>SCHEDULE DOES NOT APPLY</strong></td>
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<tr>
<td><strong>DURING FALL BREAK (OCT 25-28) OR THANKSGIVING BREAK (NOV 22 - 25) SCHEDULES FOR FALL BREAK AND THANKSGIVING BREAK WILL BE POSTED AT A LATER DATE.</strong></td>
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<tr>
<td><strong>FACILITIES WILL BE CLOSED ON SEPT 3, NOV 22 &amp; 23. PATRONs MUST CARRY THE APPROPRIATE PASS AT ALL TIMES.</strong></td>
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<td><strong>SCHEDULE CHANGES ARE COMMUNICATED ON OUR WEBSITE AS WELL AS VIA SOCIAL MEDIA.</strong></td>
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<tr>
<td><strong>FREE BOULDERING</strong></td>
<td></td>
<td><strong>Day</strong> 6:00am–4:00pm</td>
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<tr>
<td></td>
<td></td>
<td>Mon–Thr 6:00am–4:00pm</td>
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<td></td>
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<td>Fri 6:00am–3:00pm</td>
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<td>Sat 9:00am–3:00pm</td>
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<td></td>
<td></td>
<td>Sun 9:00am–8:45pm</td>
</tr>
<tr>
<td><strong>NORTH SHORE WALL</strong></td>
<td></td>
<td><strong>Day</strong> 4:00pm–10:00pm</td>
</tr>
<tr>
<td>(Fitness Center)</td>
<td></td>
<td>Mon–Thr 4:00pm–10:00pm</td>
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<td>Fri 3:00pm–6:00pm</td>
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<tr>
<td></td>
<td></td>
<td>Sat 3:00pm–6:00pm</td>
</tr>
<tr>
<td><strong>INTRAMURAL EQUIPMENT</strong></td>
<td>199 SpHC</td>
<td><strong>Day</strong> 5:00pm–11:45pm</td>
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<tr>
<td></td>
<td></td>
<td>Mon–Thr 5:00pm–11:45pm</td>
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<tr>
<td></td>
<td></td>
<td>Sun 3:00pm–8:45pm</td>
</tr>
<tr>
<td><strong>RENTAL CENTER</strong></td>
<td>154 SpHC</td>
<td><strong>Day</strong> 9:00am–6:00pm</td>
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<tr>
<td></td>
<td></td>
<td>Mon 9:00am–6:00pm</td>
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<tr>
<td></td>
<td></td>
<td>Tue-Fri 11:00am–6:00pm</td>
</tr>
<tr>
<td><strong>CAMPGROUND</strong></td>
<td></td>
<td><strong>Open Daily</strong></td>
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<tr>
<td></td>
<td></td>
<td>Park &amp; walk-in access is available May 30-August 27, 2018. Backpack thru-hiker access is available at any time.</td>
</tr>
<tr>
<td><strong>ICE RINK</strong></td>
<td></td>
<td><strong>Open Daily</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>There will be no ice activities for the 2018-19 school year as the refrigeration and HVAC systems are upgraded and replaced.</td>
</tr>
<tr>
<td><strong>POOL</strong></td>
<td></td>
<td><strong>Lap/Open Swim</strong></td>
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<tr>
<td></td>
<td></td>
<td>M/W/Th/F 2:30pm–3:30pm</td>
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<tr>
<td></td>
<td></td>
<td>Lap/Th/F 6:00-8:00am</td>
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<tr>
<td></td>
<td></td>
<td>M/W/Th/F 11:00am–2:30pm</td>
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<tr>
<td></td>
<td></td>
<td>Tue 11:00am–1:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat 1:30–3:00pm</td>
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<tr>
<td></td>
<td></td>
<td>Open Swim 12:00–1:30pm</td>
</tr>
</tbody>
</table>

*Only 3 lap lanes are available during Lap/Open Swim.*
HOW TO REGISTER & RECEIVE INFO

IN PERSON
Stop in 153 Sports and Health Center
Monday–Thursday 8am–6pm
Friday 8am–4pm

PHONE
Call us at (218) 726–7128. If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach voicemail, please leave a detailed message about what you need and how/when to contact you during business hours.

MAIL
Call (218) 726–7128 to confirm space availability. Complete the registration form for that program and mail it to: Recreational Sports Outdoor Program, 1216 Ordean Court, 153 SpHC Duluth, MN 55812

INTERNET
Our website has a lot of additional information. Details of programs and many forms are available there. Check it out! www.umdrsop.org

E-MAIL
rsop@d.umn.edu

ACCOMMODATIONS
The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request disability accommodation please contact the Main Office before your visit: 218-726-7128.

GETTING A MEMBERSHIP

FULL-TIME UMD STUDENTS
Upon presenting a U-Card, full-time, Student Service Fee paying students will be allowed entry into the Recreational Facilities. Part-time or non Student Service Fee paying students may purchase a Membership in the RSOP Main Office.

FACULTY, STAFF, ALUMNI, ALL OTHERS
Bring identification and payment (see Fee Structure on page 4) to RSOP Main Office 153 Sports and Health Center.

PARKING
If you don’t have a UMD parking permit, you can park in any pay lot (the most convenient is just off of St. Marie Street on University Drive) or at a parking meter. Do not park in front of the Sports and Health Center.

PARTICIPATION
The University of Minnesota Duluth Recreational Sports Outdoor Program department (RSOP) offers recreational and outdoor opportunities to students, university faculty/staff, and the regional community. Eligibility to participate depends upon the program or activity.

UMD STUDENTS
Programs, activities, and facilities are for you!

COMMUNITY MEMBERS
Community members (non-UMD students/staff/faculty) are invited to participate in Outdoor Program activities as well as a variety of Fitness/Wellness programs and Aquatic programs. Community members ARE NOT eligible for a Membership.

YOUTH
Youth may participate in numerous RSOP offerings including the American Red Cross “Learn to Swim” Lesson Program, Youth Fun and Adventure Day Camps, and Birthday Parties in the Pool or at the Climbing Wall.

GUESTS
Guest day passes may be purchased by a student, faculty or staff for facilities use or group fitness activities. Guests must enter and remain with the sponsoring member. There is a two-guest limit per sponsor per day.

UMD ALUMNI
All UMD Alumni are encouraged to participate in all programs, activities, and use the facilities (intramural sports are not available to alumni).

UMD FACULTY & STAFF
All UMD Faculty & Staff are encouraged to participate in all programs, activities, and use the facilities.

IDENTIFICATION NEEDED
Participants must carry a U-Card or Membership Card, guest pass or conference pass when using the RSOP facilities.
MEMBERSHIP

Allows access to facilities during available hours (see schedule inside cover). For full-time UMD Student Service Fee paying students, your UCard is your Facilities Pass. Facilities include: Jogging Track, Gymnasium, Tennis Courts, Weight Room, Cardio Room, Pool and Fieldhouse.

<table>
<thead>
<tr>
<th></th>
<th>ONE SEMESTER</th>
<th>SUMMER</th>
<th>ANNUAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-Time UMD Student</td>
<td>Free</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Part-Time UMD Student</td>
<td>$75</td>
<td>$55</td>
<td>N/A</td>
</tr>
<tr>
<td>Area College Students</td>
<td>$100</td>
<td>$70</td>
<td>N/A</td>
</tr>
<tr>
<td>UMD Faculty/Staff</td>
<td>$95</td>
<td>$65</td>
<td>$216</td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents 16 and over</td>
<td>$95</td>
<td>$85</td>
<td>$216</td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents Under 16</td>
<td>$70</td>
<td>$50</td>
<td>$130</td>
</tr>
<tr>
<td>Affiliate</td>
<td>$115</td>
<td>$75</td>
<td>$235</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
</tr>
<tr>
<td>UMD Alumni Dependents 16 and over</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
</tr>
<tr>
<td>UMD Alumni Dependents Under 16</td>
<td>$90</td>
<td>$55</td>
<td>$180</td>
</tr>
</tbody>
</table>

- Currently enrolled Full Time UMD Students are assessed a student service fee that covers Membership for the current term.
- Payroll deduction is only available until September 16, and is only available for an annual pass.
- UMD employees with less than 50% appointment, med school adjunct, religious advisors, etc...
- Must be accompanied by a pass-holding parent or guardian.

Conference Pass $30 per week available to organized on-campus conferences.

Faculty/Staff one month pass is available for 30 days from purchase: $30

The replacement fee for a lost pass is $5.

GROUP FITNESS PASS

Allows access to around 30 Group Fitness classes per week. See Fitness/Wellness section for details.

**FULL SEMESTER PASS**

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Full Time Students</td>
<td>$55</td>
<td></td>
</tr>
<tr>
<td>Part Time Students</td>
<td>$55, $70 w/o membership</td>
<td></td>
</tr>
<tr>
<td>Faculty/Staff</td>
<td>$75</td>
<td></td>
</tr>
<tr>
<td>Community</td>
<td>$150</td>
<td></td>
</tr>
<tr>
<td>Day Pass</td>
<td>$10</td>
<td></td>
</tr>
</tbody>
</table>

Faculty & Staff can purchase an Annual Pass for $140
Discounted Pass begins October 22: $38 Students/$50 Faculty & Staff/$90 Community

POOL FEES

A Membership allows you access to the pool. If you do not have a Membership, you must purchase a “punch card” to use the pool during Lap Swim and Public Swim.

**10-PUNCH CARD**

- Adult $40
- Youth, Senior & Special Needs $30

**ONE TIME PASS**

- Adult $4
- Youth, Senior & Special Needs $3

Swimming Punch Cards are available for purchase during normal business hours in the Main Office (153 SpHC).

CLIMBING WALL PASS

Prices include harnesses, ropes, helmets, belay devices, carabiners, shoes and instruction.

**SESSION PASS** $3 UMD Students / $10 Others
**5-PUNCH PASS** $10 UMD Students / $30 Others
**SEMESTER PASS** $30 UMD Students / $90 Others

Discounted Pass begins October 22: $21 Students/$63 Others
Show your Fall 2018 Climbing Semester Pass and get $5 off your Spring 2019 pass.

**ANNUAL PASS** $50 UMD Students / $150 Others

LOCKER RENTAL

Locker rental is available for students and employees who have active RSOP memberships.

Employees: $50 Annual, $30 Semester
Students: $20 Semester

A WORD ABOUT PRICING

The price difference between UMD students and others reflects the financial support we receive from UMD students through the Student Service Fee. We try to set our prices as reasonably as possible. Support for our programming comes from user fees, rather than tax dollars.
REGISTRATION PROCEDURES
1. Create your team at www.umdrsop.org or imleagues.com
2. One team representative pays your team’s registration fee at Sports and Health Center 153
3. Attend captain’s meeting. Your team’s place in the league is not confirmed until the registration fee is paid.
ENTER EARLY AS SOME SPORTS WILL FILL QUICKLY!

ELIGIBILITY
The following individuals are eligible to participate in the Intramural Sports Program: Full-time student service fee paying UMD students, UMD staff and faculty and part-time students with a current Membership.

CAPTAINS’ MEETINGS
Intramural events require attendance by at least one team representative at a pre-season captains’ meeting. Attendance is mandatory for each team. Failure to have a representative from your own team at this meeting will result in your team losing the opportunity to advance to postseason play and/or losing your spot in the league to a team on the waiting list.

SPORTSMANSHIP POLICY
Sportsmanship is an important part of Intramural Sports and the RSOP policy is designed to encourage enjoyable recreation experiences for all participants and officials. Teams will be rated on their sportsmanship, which may affect future play. Captains are responsible for the conduct of their team. Play hard, have fun, and be a good sport.

COMPETITIVE LEVELS
Intramural Sports are offered in two different competitive levels when possible. This differentiation is created to provide competition that will incorporate varied levels of skill and intensity. These leagues will compete in separate postseason tournaments. The GOLD level is a highly competitive league, while the MAROON level is less competitive.

INTRAMURAL SPORTS OFFICIALS
The officials program is perhaps the most important element of the Intramural Sports Program. The department takes pride in hiring and training interested men and women for all major sports. Student officials develop and improve a wide variety of skills including decision making, conflict resolution and leadership skills. Many officials go on to officiate Minnesota State High School League contests. To get involved, contact the
### INTRAMURAL SPORTS FALL 2018 SCHEDULE

<table>
<thead>
<tr>
<th>Registration Deadline</th>
<th>Sport</th>
<th>Cost/Team</th>
<th>Captains’ Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEPTEMBER 5</strong></td>
<td>Soccer</td>
<td>$85</td>
<td>September 6, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>Flag Football</td>
<td>$85</td>
<td>September 6, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>Volleyball</td>
<td>$75</td>
<td>September 6, 6:30pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>Softball</td>
<td>$75</td>
<td>September 6, 7:15pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>Kickball</td>
<td>$75</td>
<td>September 6, 8:00pm, SpHC 39</td>
</tr>
<tr>
<td><strong>SEPTEMBER 13</strong></td>
<td>Bowling</td>
<td>$50</td>
<td>September 13, 9:00pm, Bowling Alley</td>
</tr>
<tr>
<td><strong>OCTOBER 22</strong></td>
<td>Ultimate</td>
<td>$65</td>
<td>October 23, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>CoRec Basketball</td>
<td>$75</td>
<td>October 23, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>3 on 3 Basketball</td>
<td>$45</td>
<td>October 23, 6:30pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>4 on 4 Volleyball</td>
<td>$70</td>
<td>October 23, 8:00pm, SpHC 39</td>
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<tr>
<td></td>
<td>Curling</td>
<td>$45</td>
<td>October 23, 8:45pm, SpHC 39</td>
</tr>
<tr>
<td></td>
<td>Broomball</td>
<td></td>
<td>To Be Determined</td>
</tr>
<tr>
<td></td>
<td>Hockey</td>
<td></td>
<td>To Be Determined</td>
</tr>
</tbody>
</table>

**REGISTER YOUR TEAM ONLINE BY GOING TO www.umdrsop.org OR www.imleagues.com**

Intramural events require attendance by at least one team representative at a pre-season captain’s meeting.
WHAT IS A SPORT CLUB?
A Sport Club is a Campus Life Program (CLP) that promotes and develops interest in a particular sport or physical activity under the administration and supervision of Recreational Sports Outdoor Program (RSOP). A club may be instructional, recreational, competitive or may be some combination of the three. Participation in a sport club is on a voluntary basis and each club is self-governed by the student leadership within the sport club.

WHAT IS THE DIFFERENCE BETWEEN INTRAMURAL SPORTS & SPORT CLUBS?
Both programs are great ways for students to meet other students, be physically active, and have fun on campus. However, individual Sport Clubs may compete off-campus against other college or university club teams, and do hold weekly practices throughout the season of their sport or activity. Sport Clubs are student governed, so the responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of their club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning.

HOW DO I JOIN A SPORT CLUB?
Membership varies between the different Sport Clubs offered at UMD through RSOP. Some of the competitive clubs hold tryouts to determine who will make their roster while most recreation & instruction based Sport Clubs welcome any UMD student who is interested and pays membership dues. Please feel free to contact the individual club you are interested in to get more information on how to join or email the Sport Clubs staff at sportclubs.umd@gmail.com.

WHERE DO I GO FOR INFORMATION?
Get online and visit the Recreational Sports Outdoor Program at www.umdrsop.org, or contact Noah Kramer, Assistant Director of Sport Clubs at 218-726-7670 or sportclubs.umd@gmail.com.

SPORT CLUBS ADVISORY COUNCIL (SCAC)
The SCAC consists of one student representative from each Sport Club to govern all Sport Clubs in the UMD program using the Sport Club Guidelines. Led by the Sport Clubs Executive Board (SCEB), these program guidelines are determined and revised by the SCAC during monthly meetings as part of a living document meant to change with the program. The SCEB members are: Chief Executive Officer, Jason Mozol Chief Financial Officer, Katelin Goebel, Chief Clerical Officer, Cadence Brunzlick

The following Sport Clubs promote sport, recreation, and the outdoors and are a great way to get involved in informal activities and make new friends. Stop by the main office in SpHC 153 for information about when and where clubs are meeting, and get involved! Sport Clubs are Campus Life Program (CLP) student organizations that are self-governed and run under the direction of student members, club advisors, and RSOP. Members benefit from developing skills in the activity, administration, organization, public relations, financial operations, marketing, and fundraising. Membership costs vary from club to club.
PERSONAL TRAINING

Whether you want to train for health improvement, sport specific activities, body fat loss, or just want to feel better, let our trainers help you. Call today for a free consultation. A typical personal training session may include:
10-minute warm-up on stationary bike
30-minute specific body-toning workout with weights
10 minute cool down and stretch. Your session could conclude with a 10-20 minute conversation about your personal nutrition plan. Your certified trainer will assure that your workouts are done with your personal goals in mind.
Cost: $20/session for Members
($30 for all others - community welcome!)
*Three session minimum.

GROUP FITNESS

The group fitness program is for both the UMD and surrounding community. We offer over 30 classes a week: yoga, strength, spinning, pilates, Zumba, HIIT, and Barre. There is most likely a class or two that fits your fitness level and interests. All of our instructors are nationally certified and highly motivated.

BEGINNS SEPTEMBER 4 AND CONTINUES TO THE END OF THE SEMESTER.
Meet: SpHC (Gold room) unless indicated otherwise.
Passes can be purchased in SpHC 153.
Cost: See Passes & Fees on page 4
THE FIRST WEEK IS FREE!
WEIGHTROOM TOURS
All of our staff are trained to give you a generalized introduction to the use and function of the weightroom equipment. Just stop by during open hours and ask any of the weightroom attendants for a tour. We recommend you hire a personal trainer if you want help setting up an exercise program.

NSSC MASTERS SWIM PROGRAM
The course is designed for swimmers, triathletes, and those new to aquatic sports. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Participants are college students or local professionals. Students and others are welcome to take advantage of the “North Shore Punch Pass” which costs $70 and is good for 12 workouts.

FALL/WINTER SESSION: SEP 5 - DEC 21
WINTER/SPRING SESSION: JANUARY 7 - MAY 10
SUMMER SESSION: MAY 13 - AUGUST 5
Meets: Monday, Wednesday and Friday 6:30-8am
Cost: $180 per session

BAGLEY 5K (MAKE-A-WISH)
In partnership with the UMD Athletic Department, help kick off Homecoming week with our beautiful 5K through Bagley Nature Area. Proceeds of the event will help support the Make-A-Wish Foundation. Register by September 23 to guarantee a t-shirt. All registrations taken online.
SUNDAY, SEPTEMBER 30
10:00 AM RACE TIME
9:00 AM CHECK-IN
$15 UMD Students/$20 Community Members
Register at: walkforwishes.com

FALL FITNESS FRENZY
An intensity filled, 2 hour fitness party! Come challenge yourself in this Master Class. What’s a Master Class? Well, it’s the best of the best. Lead by our top fitness instructors and trainers, and using some soul pumping tunes, this fitness frenzy will consist of 4 rounds - Tabata, Core, Strength and Yoga. Participants will receive a special prize bag filled with goodies for completion. All fitness levels are welcome and modifications will be provided. If you are looking for a great workout challenge, you won’t want to miss this!
SATURDAY, OCT 27
9:30 - 11:30 AM
Gold Room, SPHC 33
$10 UMD Students/$15 Others

REIMBURSED EMPLOYEE CLASSES
Employees and spouses who are UPlan policy holders are eligible for a reimbursement of 50% (up to $100) of the $199 registration fee (NEW: Lifetime reimbursements have gone away, which means that a UPlan employee is eligible to receive this reimbursement for one fitness class each new program year). Must attend at least 13 of the 16 classes. When requirements are met, 150 Wellbeing points will also be awarded.

EMPLOYEE GROUP STRENGTH EXPRESS CIRCUIT
This class will consist of strength and cardiovascular interval circuits as well as full body strength and endurance, core training, and flexibility. Limit 8 participants per session.

M/W 4:00-4:45, OCTOBER 1 - NOVEMBER 21
Meet: SpHC 33
Cost: $199

EMPLOYEE YOGA 101
This program is aimed to help individuals feel comfortable starting a new practice or to deepen an existing practice. The discipline of yoga promotes personal growth, physical health, wellbeing and strengthens the connection between body and mind. Limit of 20 participants.

M/W 12:00-12:45, OCTOBER 1 - NOVEMBER 21
Meet: SpHC 135
Cost: $199
AQUATICS

OPEN WATER SCUBA COURSE
Cost $150 / includes
- 4 (3 hr class/pool sessions
- Text material and scuba gear
- Covers the basic of Scuba Diving

- SESSION 1: SEP 23, 30, OCT 7, 14
- SESSION 2: OCT 21, 28, NOV 4, 11
- SESSION 3: NOV 18, 25, DEC 2, 9

OPEN WATER CERTIFICATION
You qualify for certification upon successful completion of the Open Water Scuba Course.
Cost $150 / includes
- 4 open water check-out dives
- Scuba gear and air
- Certification fees

Course Instructor
Elmer Engman
Professional Association of Diving Instructors
Scuba Educators, Intl.
Public Safety Diver Association

For more information contact:
Elmer at vikingdiver64@gmail.com

To register for scuba classes:
Please call the RSOP office at 218-726-7128

For upcoming 2019 Scuba Trips to St. Croix and St. Lucia, Virgin Islands with Viking Diver go to www.vikingdiver.com

POOL Closures & Schedule Changes
Sep 3: Pool closed (Labor Day)
Oct 25-27: Pool closed (Fall Break)
Nov 22-25: Pool closed (Holiday)
Dec 10-14: Lap Swim only, 11am-1:30pm (Finals Week)
Dec 15-Jan 1: Pool closed
Jan 2-4, 8-12: Lap Swim, 11am-1:30pm
Jan 13-15: Pool closed
Jan 16: First day of Spring Semester

General Pool Information
Pool Dimensions - 6 lanes/25 yards
Lap Swim - 6 lanes available
Lap/Open Swim - 3 lanes available
Open Swim - No lap lanes available
Lifeguards are on duty for all programming.

Rent our pool and have a splashing good time at your next party or event. Perfect for private parties, family gatherings, youth groups & special events.

1-20 Patrons $45/hr 2 Guards
21-35 Patrons $60/hr 3 Guards
36-50 Patrons $80/hr 4 Guards
51-75 Patrons $100/hr 5 Guards
Contact Gregg Batinich at 218-726-6295, gbatinic@d.umn.edu to reserve the pool.
**PARENT CHILD, PRE-SCHOOL & LEARN-TO-SWIM FALL 2018**

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Class Dates</th>
<th>Lessons</th>
<th>Fee</th>
<th>Session Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>M/W</td>
<td>Sep 5-26</td>
<td>7</td>
<td>$56</td>
<td>First class begins Wed</td>
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<tr>
<td>Session 1</td>
<td>T/Th</td>
<td>Sep 4-27</td>
<td>8</td>
<td>$64</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Sat</td>
<td>Sep 8 - Oct 20</td>
<td>8</td>
<td>$64</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>M/W</td>
<td>Oct 1-24</td>
<td>8</td>
<td>$64</td>
<td></td>
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<tr>
<td>Session 2</td>
<td>T/Th</td>
<td>Oct 2-23</td>
<td>7</td>
<td>$56</td>
<td></td>
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<tr>
<td>Session 2</td>
<td>Sat</td>
<td>Nov 3 - Dec 8</td>
<td>5</td>
<td>$40</td>
<td>No lesson Nov 24</td>
</tr>
<tr>
<td>Session 3</td>
<td>M/W</td>
<td>Oct 29 - Dec 5</td>
<td>11</td>
<td>$88</td>
<td>No lesson Nov 21</td>
</tr>
<tr>
<td>Session 3</td>
<td>T/Th</td>
<td>Oct 30 - Dec 6</td>
<td>11</td>
<td>$88</td>
<td>No lesson Nov 22</td>
</tr>
</tbody>
</table>

Registration for lessons closes at noon on the first day of the corresponding session except for Saturday sessions which close at noon on the Friday before.

**M/W and T/Th Class Times and Levels**

<table>
<thead>
<tr>
<th>Times</th>
<th>Levels</th>
</tr>
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<tr>
<td>4:30-5pm</td>
<td>PC1/2, PS1, L2, L3</td>
</tr>
<tr>
<td>5-5:30pm</td>
<td>PS2, PS3, L1, L2, L3</td>
</tr>
<tr>
<td>5:30-6pm</td>
<td>PS1, PS2, L1, L2, L3</td>
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</table>

**Saturday Class Times and Levels**

<table>
<thead>
<tr>
<th>Times</th>
<th>Levels</th>
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<tbody>
<tr>
<td>9:30-10am</td>
<td>PC1/2, L2, L3</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>PS2, L1, L2, L3</td>
</tr>
<tr>
<td>10:30-11am</td>
<td>PS3, L1, L2, L3</td>
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<tr>
<td>11-11:30am</td>
<td>PS1, PS2, PS3, L2, L3</td>
</tr>
<tr>
<td>11:30-12pm</td>
<td>PC1/2, L1, L2, L3</td>
</tr>
</tbody>
</table>

**NORTH SHORE SWIM CLUB PRE-TEAM LEVELS 4, 5, 6 FALL 2018**

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Class Dates</th>
<th>Lessons</th>
<th>Fee</th>
<th>Class Times and Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>M-TH</td>
<td>Sep 3-27</td>
<td>16</td>
<td>L4-$128, L5-$144, L6-$144</td>
<td>5-5:30pm Level 4</td>
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<tr>
<td>Session 2</td>
<td>M-TH</td>
<td>Oct 1-31</td>
<td>19</td>
<td>L4-$152, L5-$171, L6-$171</td>
<td>5:30-6:15pm Level 5</td>
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<tr>
<td>Session 3</td>
<td>M-TH</td>
<td>Nov 1-29</td>
<td>20</td>
<td>L4-$160, L5-$180, L6-$180 No Lesson Nov 22</td>
<td>5:30-6:15pm Level 6</td>
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<tr>
<td>Session 4</td>
<td>M-TH</td>
<td>Dec 3-20</td>
<td>12</td>
<td>L4-$96, L5-$108, L6-$108</td>
<td>5-5:30pm Level 4</td>
</tr>
</tbody>
</table>

Registration for lessons closes at noon on the first day of the corresponding session except for Saturday sessions which close at noon on the Friday before.

**WE DO NOT ACCEPT LATE REGISTRATION FOR SESSIONS ALREADY IN PROGRESS!**

Disclaimer: If there are fewer than 3 students signed up by the Friday prior to each new session for any class level, we will contact those families giving them the option of moving to a different time & day or a credit towards a future session of lessons.
PRIVATE AND SEMI-PRIVATE LESSONS

Private Lessons (one child only) $20 per ½ hr. lesson
Semi-Private Lessons (two children) $25 per ½ hr. lesson

Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. All scheduling of Private Swim Lessons is negotiated between the Water Safety Instructor and the guardian of the student to ensure you get the best times to fit your busy schedule. There is a limited number of clients we can cater to each semester.

For more information about our Private Swim Lesson program and to check availability, please contact Student WSI Supervisor Maddy Ogrem.
Email: ogrem058@d.umn.edu • Office Phone: 218-726-6516

Coming Winter 2019!
ADAPTIVE PRIVATE SWIM LESSON PROGRAM

Our adaptive private swim lessons offer families an inclusive, welcoming environment where the curriculum, teaching methods and goals are adapted to the pace, ability and learning style of each child. An initial consultation before registration is advised to assist in modifying curriculums based on your child’s abilities. For more information and to register please contact our Adaptive Aquatics Specialist, Sommer Heikkila heikk110@d.umn.edu

FREE PARKING AFTER 5PM IN THE PAY LOT ON THE CORNER OF ST. MARIE STREET AND UNIVERSITY DRIVE!
NORTH SHORE SWIM CLUB

SHORT COURSE SEASON (FALL/WINTER)
SEPTEMBER 4 - MARCH 24

LONG COURSE SEASON (SPRING/SUMMER)
MARCH 25 - AUGUST 5

Enrollment is on-going and swimmers may join at any time.

PRICING
NSSC Beginner/Intermediate Monthly Fee
1st Family Swimmer $80
2nd Family Swimmer $70
3rd Swimmer & up $60

NSSC Intermediate/Advanced Monthly Fee
1st Family Swimmer $90
2nd Family Swimmer $80
3rd Swimmer & up $70

USA Swimming registration is required. Please see the North Shore Swim Club website for forms and pricing.

PREREQUISITES:
All swimmers must complete a 2-day free trial. Swimmers who have passed Level 3 UMD Swim Lessons, and who have not participated in a swim meet for a competitive team either as part of NSSC, a high school team, the YMCA, or another member club of U.S.A. Swimming, must go through UMD Swim Lessons Level 4 & 5.

Go to the “North Shore Swim Club” link on the RSOP website for registration materials or call the RSOP office. For more information about the swim team please contact Head Coach Ted Patton at 218-726-6759 or tpatton@d.umn.edu.

NSSC MASTERS SWIM PROGRAM
The course is designed for swimmers, triathletes, and those new to aquatic sports. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Participants are college students or local professionals. Students and others are welcome to take advantage of the “North Shore Punch Pass” which costs $70 and is good for 12 workouts.

Fall/Winter Session: September 5 - December 21
Winter/Spring Session: January 7 - May 10
Summer Session: May 13 - August 5

Meets: Monday, Wednesday and Friday 6:30-8am
Cost: $180 per session
VOLUNTEERING WITH THE OUTDOOR PROGRAM

Do you love the outdoors and have a desire to share it with others? The Outdoor Program is always seeking new student staff members for a variety of opportunities. You don’t need to be an expert in the wilderness to join us and there will be opportunities to fit your schedule, with lots of free training.

KICK OFF MEETING: TUESDAY, SEPTEMBER 4, 5-6PM
Meet: Sports and Health Center Room 191
We will have regular meetings and activities throughout the semester on Tuesdays at 5pm. To get details of what the topics are or how to get involved, email Ryley (olive255@d.umn.edu). Even if you can’t make the meetings, we can get you involved.

SAILING DULUTH

Spend the afternoon with the breezes of Lake Superior. Experienced sailors from the Duluth-Superior Sailing Association will be teaching the basic principles of sailing, including the terminology, mechanics, and operation of a sailboat. Aeolus may be the Greek ruler of the winds, but you’ll control how you use them as you experience nature’s power of wind. No experience necessary. This year we have two separate outings. Pick one date.

SATURDAY, SEPTEMBER 1, 1-6PM
SUNDAY, SEPTEMBER 2, 1-6PM
Register By: Noon, August 31

We Provide: Transportation and instruction
You Provide: Proper clothing for the weather (if it is rainy, make sure you have rain pants and jacket), soft soled shoes and a water bottle.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $19 for UMD Students Only

OUTDOOR ADVENTURE SAMPLER AT UMD (AND FREE FOOD!)

Get outside and explore what UMD has to offer for outdoor activities. Join us for the Outdoor Adventure Sampler at Bagley Nature Area. Here you can experience activities such as hiking, biking, canoeing, slacklining, nature exploration, and cooking by the fire - we’ll have all of the equipment, staff, and free picnic food (hot dogs for cooking on the fire, s’mores, and more). Bring a friend or meet some new ones and help us kick off the new school year to a great adventure-filled start!

MONDAY, SEPTEMBER 3 (LABOR DAY) 5PM-7PM - STOP BY ANYTIME
Meet: Bagley Nature Area Classroom (if you need directions go to www.d.umn.edu/maps)
Cost: FREE!

MOUNTAIN BIKE MISSION CREEK

Experience mountain biking on the fantastic flow trails of Mission Creek, on the far western end of Duluth. Fabulous forests, overlooks, and friends! Become a part of Duluth’s growing mountain biking community. All skill levels welcome.

MONDAY, SEPTEMBER 3, 9AM-1PM
Register By: Noon, August 31
We Provide: Instruction, Bikes, Helmets, Bike pumps, and transportation,
You Provide: Water Bottle, and Clothing for the weather.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others
SCHOLARSHIPS AVAILABLE!
Hey UMD Students, if you are tight on money and would like to get outdoors, we can help! Thanks to a couple of former student staff, we have scholarship money to support you getting outdoors. Just email Tim at tbates@umn.edu and tell him what outing you would like to go on and why you want to go. We’ll get back to you within a few days! It’s that simple. Available for any of our outdoor options - trips, hikes, paddling, climbing, and workshops.

OUTDOOR ACTIVITIES

FREE CANOEING ON ROCK POND
Here is your chance to try canoeing right on campus! Over in Bagley Nature Area (on the north side of campus) is Rock Pond. We’ll have canoes and equipment as well as instructors for you to learn the basics. Or just show up to have fun on the pond if you already know how to paddle. We may even pull together some on-water games. Get outdoors! Get on the water! Have fun!

THURSDAY, SEPTEMBER 13 AND THURSDAY, SEPTEMBER 27, 5:30PM-7PM
Meet: On the shore of Rock Pond in Bagley Nature Area

BIRDING AT HAWK RIDGE
Fly like an eagle over to Hawk Ridge and do some birding. Spend the morning during peak migration and learn some birding techniques! Experience one of the most amazing raptor migrations in North America!

WEDNESDAY, SEPTEMBER 19, 10AM-12PM
Register By: Noon on September 18
We Provide: Binoculars and Transportation
You Provide: Clothes for the weather, snacks and water.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others

HUNT DULUTH
Attention Hunters! If you are new to Duluth or just want to learn about the vast opportunities that exist for hunters, this is for you. Local St. Louis County Forester and avid hunter Jason Meyer will present on the public land opportunities near Duluth. Bring your questions (and your maps for marking - if you have them)!

THURSDAY, SEPTEMBER 20, 7-9PM
Meet: Sports and Health Center Room 9
Cost: FREE!

STANDUP PADDLEBOARD YOGA
Want to take your yoga to a new environment with more fun and less seriousness? Join us as we practice some familiar yoga poses while challenging our balance and getting a refreshing feeling of Lake Superior if you lose it. Don’t worry about paddleboarding technique, just get ready for a good time!

SUNDAY, SEPTEMBER 23, 5-7PM
Register By: Noon, September 21
We Provide: Instruction, Transportation, SUP’s, Wetsuits
You Provide: Swimsuit
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $8 UMD Students/ $15 Others

SCHOLARSHIPS AVAILABLE!
Hey UMD Students, if you are tight on money and would like to get outdoors, we can help! Thanks to a couple of former student staff, we have scholarship money to support you getting outdoors. Just email Tim at tbates@umn.edu and tell him what outing you would like to go on and why you want to go. We’ll get back to you within a few days! It’s that simple. Available for any of our outdoor options - trips, hikes, paddling, climbing, and workshops.
**SUNRISE PADDLE**
What better way to wake up than to a beautiful sunrise on Lake Superior? Early risers come join us on a kayaking paddle out on Lake Superior!

**MONDAY, SEPTEMBER 24, 5:30AM-7:30AM**
Register By: Friday September 21
We Provide: Paddling gear, transportation, wetsuit, instruction
You Provide: Clothes and shoes to get wet, water bottle
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $9 UMD Students/$18 Others

**LUMBERJILL**
Do you want to wear a dress, eat pancakes, and act like a woodsman. Sign up with a few friends (4 people per team) to compete against other lumberjills. This annual competition has historically consisted of firemaking, pancake eating, hand canoeing, cross-cut sawing, and much more. So get your friends together, put on your best lumberjill outfit, and come join in the fun!

**TUESDAY, SEPTEMBER 25, 5-7PM**
Register By: Noon, September 18
We Provide: Competition equipment, prizes
You Provide: Wacky costume, enthusiasm
Meet: Bagley Nature Area, Rock Pond Kiosk
Cost: $10 per team

**GREAT LAKES BEACH SWEEP**
Lake Superior is massive and awe inspiring. But, it is at risk if we do not take care of it. Join us for the annual “Alliance for the Great Lakes” beach sweep to help keep one of our spots on the grandest of the Great Lakes free from trash and litter.

**THURSDAY, SEPTEMBER 27, 5-6PM**
MEET: UMD Boat Shed

**30 IN 24**
Discover all the wonders of the Superior Hiking Trail in one quick and intense hike. Join us and hike 30 miles of the Superior Hiking Trail in under 24 hours. We’ll make tracks starting in the Fond du Lac neighborhood and finish at the Martin Road trailhead in east Duluth. There will be options for bailout and we’ll take care of transportation, safety, and guides. Stops for food and rest are all planned in.

**SATURDAY, OCTOBER 6, 4AM-MIDNIGHT**
Register By: Noon, October 5
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food & money (for restaurants or snacks).
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $10 UMD Students/$22 Others

**WOMENS OUTDOOR SERIES**
Calling all female-identifying people! These events are made to be a welcoming environment for women to meet other women that are into the outdoors.

**MOUNTAIN BIKING FUN**
Join us for a ride in Hartley Park. Experience mountain biking on the fantastic trails of Hartley Park. Fabulous forests, overlooks, and friends! Become a part of Duluth’s growing mountain biking community. All skill levels welcome.

**WEDNESDAY, SEPTEMBER 12, 5-7PM**
Register By: Noon, September 12
We Provide: Instruction, Bikes, Helmets
You Provide: Water Bottle, and Clothing for the weather.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $3 UMD Students/$8 Others

**SEA KAYAKING THE HARBOR**
Join us on a paddle in the beautiful Duluth Harbor! Paddle near the historic Lift Bridge, William A. Irvin ship, and explore the Harbor.

**SATURDAY, SEPTEMBER 29, 10AM-2PM**
Register By: Noon, September 28
We Provide: All paddling gear (including wetsuits), transportation, instruction
You Provide: Water Bottle, bag lunch, closed toed shoes to get wet, swimsuit
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $10 UMD Students/$25 Others

**ROCK CLIMBING THE NORTH SHORE**
Join us for a day of climbing at Shovel Point (in Tettegouche State Park), right on Lake Superior. No experience needed! Fun and beautiful sights for all.

**SATURDAY, OCTOBER 20, 9AM-5PM**
Register By: Noon, October 19
We Provide: All climbing gear, transportation, instruction
You Provide: Water Bottle, bag lunch and clothing for the weather.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others
OUTDOOR ACTIVITIES

APPLE CIDERING: THE OLD FASHIONED WAY
See the magical process of fresh local apples being turned into tasty apple cider! Learn about the old techniques that early settlers used to sweeten up their lives and participate in the process of using an old cider grinder and press. Mmmmm good!

MONDAY, OCTOBER 8, 5-7PM
Register By: Noon, October 2
We Provide: Instruction, all materials needed
You Provide: Mug for cider, dress for the weather - we will be outside
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Students/$7 Others

BUCKTHORN PULL
Buckthorn is an invasive species that is choking out the native species of the area. We will be working to eradicate this nuisance species through non-toxic, environmentally friendly methods. We need your help to rid Bagley Nature Center of Buckthorn by pulling it out of the ground so it doesn’t come back. It will be an afternoon of fun and hard work and you will be helping the forest stay healthy. No registration is required. Free pizza for workers!

TUESDAY, OCTOBER 9, 4-7PM
We Provide: Instruction, tools, & Pizza!
You Provide: Gloves, work clothes, water bottle
Meet: Bagley Nature Area Classroom
Cost: FREE!!!

NORTH SHORE WATERFALL HIKE
Are you tired of just seeing beautiful waterfalls around Duluth in pictures? Well, come discover them for yourself in this 2-3 part series, and find hidden wonders around Duluth and also up the northshore.

THURSDAY, OCTOBER 11 & 18, 5-7PM
Register by: Noon, October 10 & 17
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food & money (for restaurants or snacks).
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others

DULUTH TRAVERSE CHALLENGE
You can’t lie to a bike about how in shape you are. Come test your stamina and riding skills on the Duluth Traverse. This trail will be over 100 miles when it is finished and our plan is to finish as much of it as possible in 12 hours. Don’t worry, if you have gone as far as you can go you can always grab a City bus back to campus.

SUNDAY OCTOBER 14, 6AM-6PM
Register by: Noon, October 12
We Provide: Instruction, Bikes, Helmets, Bike pumps, and Transportation,
You Provide: Water Bottle, and Clothing for the weather.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $10 UMD Students/$22 Others

NORTH SHORE AGATE HIKE
Duluth Rocks! Join us in learning about the North Shore and finding some of the treasures on the North Shore beaches.

THURSDAY, OCTOBER 11 & 18, 5-7PM
Register by: Noon, October 10 & 17
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others

SWANTS
Do you love to keep up with all the high fashion trends? Then this is the program for you! We will start with an old sweater and upcycle it to turn it into the most high fashion pants that your friends will ever see.

WEDNESDAY, NOVEMBER 7, 6-9PM
Register By: Noon, November 5
We Provide: Instruction and all materials
You Provide: Sweater to turn into swants (if you have one)
Meet: Sports and Health Center Room 9
Cost: $7 UMD Students/ $14 Others

CANOE PADDLE MAKING
The canoeing season may be over, but that doesn’t mean you can’t start preparing for the next one. Come and join us as we’ll explore the different ways wooden paddles are made (including bent shaft), then work on making a laminated, straight shaft paddle. We supply the wood and you will glue up the blade, shaft, and grip on the first day. Second session we will shape and work on sanding each paddle. The third session will get you across the finish line of completion of almost everything but varnishing.

MONDAYS, NOVEMBER 5, 12, AND 19, 6-9PM
Register By: Noon, October 26
We Provide: Instruction, materials, and tools
You Provide: Tools (if you have: hand plane, spokeshave, c-clamps, pipe clamps, saber saw)
Meet: Bagley Nature Area Classroom
Cost: $32 for UMD Students Only

CANOE PADDLE MAKING
The canoeing season may be over, but that doesn’t mean you can’t start preparing for the next one. Come and join us as we’ll explore the different ways wooden paddles are made (including bent shaft), then work on making a laminated, straight shaft paddle. We supply the wood and you will glue up the blade, shaft, and grip on the first day. Second session we will shape and work on sanding each paddle. The third session will get you across the finish line of completion of almost everything but varnishing.

MONDAYS, NOVEMBER 5, 12, AND 19, 6-9PM
Register By: Noon, October 26
We Provide: Instruction, materials, and tools
You Provide: Tools (if you have: hand plane, spokeshave, c-clamps, pipe clamps, saber saw)
Meet: Bagley Nature Area Classroom
Cost: $32 for UMD Students Only

WAXING CLINIC
Hitting the slopes or nordic ski trails over winter break and need a wax job? Come join us to learn how to hot wax your skis/ snowboards and kick wax your classic cross-country skis so you are ready to slide through the snow like butter!

WEDNESDAY, NOVEMBER 28, 6-8PM
Register By: Noon, November 27
We Provide: Instruction and all waxing equipment
You Provide: Cross country skis, alpine skis, or snowboard
Meet: Sports and Health Center Room 191
Cost: $6 UMD Students/$12 Others
APOSTLE ISLANDS SEA KAYAKING
The Apostle Island National Lakeshore is a beautiful string of islands on Lake Superior's South Shore. Our experienced leaders will introduce you to equipment, safety and paddling techniques. They will also share stories about voyageurs, shipwrecks and island living. Explore sea caves and secluded beaches. We will camp on islands with sand beaches, stargaze, swim and hike with new friends.
DEPART: FRIDAY, AUGUST 31, 2PM
RETURN: SUNDAY, SEPTEMBER 2, 6PM
Register By: Noon, August 29
We Provide: Group gear, food, transportation, instruction
You Provide: Personal camping gear
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $78 UMD Students Only

PADDLING THE BOUNDARY WATERS CANOE AREA WILDERNESS
We’ll load up our Duluth packs and paddle through the majestic lakes of the BWCA north of the Gunflint Trail. Explore the beauty and wonder of this pristine wilderness with experienced and enthusiastic leaders. Stargazing, stories, and listening for hooting owls and howling wolves are included on this trip’s itinerary. Beautiful fall colors, few people, and no bugs will make this a special trip. No experience required.
DEPART: FRIDAY, SEPTEMBER 7, 2PM
RETURN: SUNDAY, SEPTEMBER 9, 6PM
Register By: Noon, September 6
We Provide: Group gear, food, transportation, instruction
You Provide: Personal camping gear
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $78 UMD Students Only

BACKPACKING THE APPALACHIAN TRAIL
Spend spring break hiking the world famous Appalachian Trail. Our route will explore the southern end of the trail through the legendary Great Smoky Mountains. We will likely talk with Appalachian thru-hikers who are just beginning their 2,069 mile journey to Main. Days will be spent backpacking 5-12 miles, and our nights will be spent at either campsites or in AT shelters and one evening will be spent in a hostel. Plan on a mild athletic pace, stunning views, and simple living with new friends.
DEPART: 4PM FRIDAY, MARCH 8
RETURN: 8PM SUNDAY, MARCH 17
Register By: Noon, February 24
We Provide: Transportation, Group Gear, Food, Instruction
You Provide: Your own backpack, hiking boots/shoes, clothing and personal camping gear. (Backpacks are available for rent through RSOP.) A full equipment list is available on our website.
Cost: $495 UMD Students/$768 Others

BACKPACK THE PORCUPINE MOUNTAINS, MI
There are mountains around here? Yes, and they are beautiful! In the Upper Peninsula of Michigan are the secluded Porcupine Mountains, right along Lake Superior. Enjoy fall colors as they are in full grandeur – and there will be no bugs! Marvel at the colors by day and the starlit sky by night. We will help you develop backpacking skills while we discover the “Porkies” fall forest beauty. New friends and adventure for everyone who comes along. No experience is necessary.
DEPART: FRIDAY, SEPTEMBER 28, 2PM
RETURN: SUNDAY, SEPTEMBER 30, 6PM
Register By: Noon, September 26
We Provide: Transportation, Food, Group Camping Equipment
You Provide: Backpack, and Personal Camping Gear
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $78 for UMD Students/ $121 Others
CLIMBING AT UMD
UMD offers the use of two great indoor climbing walls on campus. In addition, we utilize several local, outdoor climbing areas for our courses and instruction. Whether perfecting your figure eight follow through knot or your gear placement on lead, we have courses and instruction catered to your level, taught by professional and experienced staff. All necessary climbing equipment is included in our sessions.

OUR CLIMBING WALLS
North Shore Wall
The North Shore Wall is featured prominently in the Sports and Health Center. Extending two stories into a skylight, the wall is fully sport-lead capable. Equipped with a simulated ice climbing route, multiple crack systems, a rappel ledge and a great bouldering area, the North Shore Wall offers a wide variety of climbing options. We collect a wide variety of climbing tools for participants to grow their climbing knowledge and experience. Ask us for the latest!

Inland Wall and Bouldering Cave
Tucked on the far side of the indoor ice rink/tennis courts, the Inland Wall simulates climbing on actual rock far more closely than most modern climbing walls. Realistic flakes, ledges and cracks will take you to the top of this historically significant climbing wall. The bouldering cave attached to the Inland Wall rounds out a spectacular array of possibilities for climbing on campus at UMD. The inland wall is open for selective open hours, various calendar events, and for your special event. Call to find out more.

WALL HOURS (NORTH SHORE WALL)
MONDAY-THURSDAY 4-10PM
FRIDAY & SATURDAY 3-6PM
Open hours run from the first week of school through the week before finals; August 27th - December 8th for Fall 2018 Semester.

GROUP RESERVATIONS
Design your group’s climbing session at UMD. Birthday parties, Scouts, sports teams, residence hall or any other group may reserve the climbing wall upon request. Please call 218-726-6257 for more information. UMD clubs and groups receive a discount on rental.

WALL CLOSURES:
The climbing walls are subject to closure for trainings, classes and other events. Please call (218) 726-6257 ahead of your trip to check availability. Open hours run from the first week of school through the week before finals. Closed during finals, December 10th-14th.

PRICING:
All passes and sessions purchased include the use of all appropriate climbing equipment for that session.
Single Session Pass:
$3 UMD Students/ $10 Others
5-Punch Pass:
$10 UMD Students/ $30 Others
Semester Pass*:
$30 UMD Students/ $90 Others
Year Pass:
$50 UMD Students/ $150 Others

*Discounted Pass begins October 22:
$21 Students/$63 Others
Show your Fall 2018 Climbing Semester Pass and get $5 off your Spring 2019 pass.
FREE CLIMBING OPPORTUNITIES

FREE WEEK
Climbing is FREE during the first week of school.
AUGUST 27 - SEPTEMBER 1
Instructors are always on hand to help answer questions and fit equipment.

FREE FITNESS BOULDERING
Anyone with a facility or climbing pass may boulder at no additional cost during regular facility hours other than open climbing hours. During open climbing hours you must have a climbing pass to boulder or climb. Please keep your feet below the four-foot high red line.

WOMEN ON THE WALL
Calling all female-identifying people! Come join us at the Inland Wall, located on the far side of the ice-rink, for some climbing! Beginners are always welcome. Bring your friends! All equipment and female-identifying instructors will be present.
8-10PM THE FOLLOWING WEDNESDAYS:
SEPTEMBER 12, 26, OCTOBER 10, NOVEMBER 7, DECEMBER 5
Register By: No Registration Necessary
Meet: Inland Wall
Cost: Free
Prerequisite: None

BEGINNER BELAY CLINIC
Join us in the Inland Wall for a low pressure, out of the way, stress free environment to learn this new skill. Take away the pressure of onlookers and other accomplished climbers and we think you’ll find learning to belay a fun, enjoyable experience! Specialized instruction for beginning climbers/belayers.
6-9PM, WEDNESDAY, SEPTEMBER 5
Register By: No Registration Necessary
Meet: Inland Wall
Cost: Free
Prerequisite: None

NORTH SHORE ADOPT-A-CRAG
Meet up with local and regional climbers to clean up, maintain access and give back to our climbing crags. Sponsored by our own North Shore Climbers Club. Call 218-726-6257 for more info.
SATURDAY, SEPTEMBER 22 AND SUNDAY, SEPTEMBER 23
Register By: No Registrations Necessary
Meet: TBA
Transportation: Not provided, up to participant
Cost: Free
Prerequisite: None

RSOP INDOOR DRY TOOLING & FAKE ICE COMPETITION
Not your usual climbing competition! Start brushing up on your dry tooling and ice techniques now and join us for our first ever Indoor Dry Tooling and Fake Ice Climbing Competition! No axes of your own? No problem. We will have several pairs of ice axes modified, prepped and ready for competitors to use. Bring your intrigue, sign up and see how much of a fun and uniquely challenging experience indoor dry tooling can be! Reserve your spot on Friday evening at 6:00pm for a demo and clinic by world class professional ice climber Kendra Stritch! This event is part of the USA Ice Climbing Series.
DATE: TO BE DETERMINED
Meet: RSOP North Shore Climbing Wall
Register By: Day of registration available
Cost: TBA
Prerequisite: UMD belay certified (top rope) or equivalent

HALLOWEEN BOOLDERFEST & COMPETITION
Description: Dress up and join us for some TREATS on Monday evening. Bouldering problems made all the more TRICKY by your Halloween costume. Compete for the best costume prize! Walk in registration from 5-5:30pm. Costume and climbing experience not required.
6-9PM, WEDNESDAY, OCTOBER 31
Register By: 5:30pm, October 31
Meet: North Shore Wall
Cost: $10 UMD Students/$20 Others
Prerequisite: None

SPECIAL EVENTS
**CLINIC & TRAINING**

**SLACKLINE CLINIC**
Challenge your balance, build core strength and have fun at the RSOP slackline park! Instructors will be on hand to teach the basics of setting up lines and the finer points of walking and beginning skills.

Date: 3-5pm, Fridays, September 7 - October 19

Register By: No Registration Necessary

Meeting Location: UMD Slackline park

Cost: Free

Prerequisite: None

**ROUTE SETTING CLINIC**
Here is your chance to learn the techniques for designing a fun, challenging new route at UMD’s climbing walls. Whether bouldering or roped climbing is your preference, join with our experienced instructors to get started on the right hold for route setting. This clinic is the first step to getting certified to set routes on UMD’s climbing walls. No experience necessary.

6-9PM, WEDNESDAY, OCTOBER 10TH

Register By: Noon, October 10

Meet: North Shore Wall

Cost: Free

Prerequisite: UMD Belay certified or equivalent

**SPORT LEAD CLINIC**
Take your indoor climbing to a new level with lead climbing. Learn how to climb from the ground up, trailing a rope and clipping pre-placed bolts as you go. Practice techniques for tying in, clipping quickdraws, falling safely and belaying a leader. All equipment provided.

Date: 6-9pm, Thursdays: September 13th, October 18th, and November 15th

Register By: Noon on the Wednesday before: September 12th, October 17th, and November 14th

Meeting Location: North Shore Wall

Cost: $5 UMD Students/$15 Others

Prerequisite: UMD belay certified (top rope) or equivalent

**CLIMBING ANCHORS SERIES**

**Session 1 - Placing Protection**
Learn the basics of placing several different types of climbing gear. We will focus on placement and evaluation of standard rock climbing protection. This is a great first class for a beginner climber looking to become self-sufficient in building your own anchors for top roping. No experience necessary.

**Session 2 - Indoor Practice Connecting 2, 3 and 4 Point Anchors**
Hands-on practice combining 2, 3 and 4 pieces of protection to create top rope anchors. Safety at the cliff edge and efficiency/timeliness will also be addressed. Prerequisites: Anchors session 1 or equivalent experience placing climbing protection.

**Session 3 - Top Belay Setups & Outdoor Practice at Whoopee Wall/Ely’s Peak**
This final session introduces the quirks of belaying from the top of the climb. Getting ready to head to Shovel Point or Palisade Head? This session will cover the basics when transitioning from belaying on the base to belaying from the top of a climb. This is not a climbing trip, it is an anchor building clinic. This session puts into play all that is learned in the first two sessions. Placing, connecting and setting up actual top rope climbs. Prerequisites: Anchors session 2 or equivalent experience required.

OCTOBER 4-6

**DAY 1 & 2 - 6-9PM.
DAY 3 - 9AM-5PM**

Register By: Sessions 1 & 2 Noon, day of. Sessions 3 by noon on Friday, October 5th.

Meet: Session 1&2 - UMD North Shore Wall, Session 3 - At the “Trailhead” SpHC Lobby

Transportation is provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: Session 1&2 - $5 UMD Students/$15 Others

Session 3 - $15 UMD Students/$45 Others

Prerequisite: Session 1 for 2, 1 and 2 for 3, or prior experience and instructor approval.

**TRAD CLIMBING CLINIC**
Apply the skills you have learned in the anchor clinics as well as the sport leading clinics to ground up, traditional ascents of some beautiful North Shore Climbs. Friday will be spent learning the basics of setting up for a trad lead. Saturday will be spent mock leading at the location of the day. Lead belay certification required.

OCTOBER 19-20

**DAY 1 - 6-9PM
DAY 2 - 9AM-5PM**

Register By: Noon, October 19 for both sessions

Meet: Day 1 at the Inland Wall, Day 2 at the “Trailhead” SpHC Lobby

Transportation is provided.

Contact 218.726.6257 if you wish to meet the group at the site.

Cost: $15 UMD Students/$45 Others

Prerequisite: UMD Belay certified or equivalent.
DESTINATION TRIPS
NO EXPERIENCE REQUIRED!

CLIMB SHOVEL POINT’S SEA CLIFFS
Experience sea cliff climbing at its greatest. Enjoy high quality climbing on stunning cliffs rising directly out of Lake Superior. Bring your camera and your sense of adventure for this fun day. Beginners welcome.

9AM-5PM, SATURDAY, SEPTEMBER 1
Register By: Noon, August 31
Meet: At the “Trailhead” SpHC Lobby
Transportation is provided.
Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $20 UMD Students/$60 Others
Prerequisite: None

WHEELS ‘N WALLS
We will be going up and down a lot on this trip. We will start off the first day on the Pincushion Mountain bike trails then camp out in Grand Marais that night. The second day we will make our way down to Carlton Peak to do some climbing.

SATURDAY AND SUNDAY, SEPTEMBER 8-9
Register By: Noon, September 5
Meet: At the “Trailhead” SpHC Lobby
Transportation is provided.
Contact 218.726.6257 if you wish to meet the group at the site.
Prerequisite: None

CLIMB PALISADE HEAD
The most bold and exciting climbing in the state exists at Palisade Head, Tettegouche State Park. Don’t let that frighten you though! This is a challenging but awesome place to experience climbing. Lower over the edge, belayed from the top of the cliff and experience for yourself the excitement of climbing ‘The Head!’

9-5PM SUNDAY, SEPTEMBER 23
Register By: Noon, September 21
Meet: At the “Trailhead” SpHC Lobby
Transportation is provided.
Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $20 UMD Students/$55 Others
Prerequisite: None

CLIMB SANDSTONE
Robinson Park in Sandstone, MN is a unique place to climb. A mix of quarried and natural, untouched rock are available to climb. We will be arriving during one of the best times of the year to climb in Sandstone.

9AM-5PM, SUNDAY, OCTOBER 7
Register By: Noon, October 5
Meet: At the “Trailhead” SpHC Lobby
Cost: $20 UMD Students/$55 Others
Prerequisite: Checked off to belay at UMD’s climbing walls.
SURF & SUP PASS HOLDER PROGRAM SUMMARY
Start with an introductory level experience during the first two weeks of the Semester. Get your Surf & SUP Pass to develop your skills and endurance in the UMD Pool and at the Lester River Surf Shack. Get outside and expand your skills while exploring Lake Superior on calm days and join the search for the perfect wave when the surf is up!

Surf & SUP Pass holders will be able to attend all of the scheduled programs in the UMD Pool and at the Lester River Surf Shack during the school year (see Page 24). Most importantly you will receive e-mail invitations to roughly ten additional sessions whenever the conditions are favorable. E-mail invitations are offered at two different skill levels. We travel to a wide variety of locations to encourage skill development for all.

Most of the longboard skateboard land paddling, surf and stand-up paddle board outings occur from late September through November, then the snow kite action heats up in December and runs through March. If conditions allow, we can do some surfing and SUP touring in early May but keep in mind that Fall is our main season.

The Annual Surf & SUP Pass is $45 if you are a UMD Student and $115 for Others. Memberships are limited to the first 20 students and 4 non-students registered.

UMD POOL BASED - SURF & SUP TRAINING SESSIONS
Learn about paddling technique, awareness of board trim, turning skills, ducking waves, how to pop up into a stance and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water. We will surf on the wake behind a water-ski boat at Island Lake and utilize stand up paddle boards propelled with specialized paddles to broaden your board skills. This is also a great chance to meet others interested in surfing, learn about equipment, and how to get equipment. Attendance for at least one hour during each session is advised.

FALL SEMESTER: FRIDAYS (8:30- 11:00AM)
SEPTEMBER 7, 21, 28 OCTOBER  5, 12, 19
We Provide: Boards, Accessories, Instruction
You Provide: Swimsuit, Towel
Meet: UMD Sports and Health Center
Cost: Surf & SUP Pass $45 Annual for UMD Students / $115 Annual Others

UMD LESTER RIVER SURF SHACK BASED - SUP, PRONE PADDLEBOARD & LONGBOARD SKATEBOARD TRAINING SESSIONS
This is also a great chance to learn about specialized equipment while doing endurance training along the shoreline of Lake Superior. We also do some longboard skateboarding with land paddles so you are more prepared to enjoy our surf oriented SUP designs.

FALL SEMESTER: TUESDAYS (5-8PM)
SEPTEMBER 11,18,25 OCTOBER  2
We Provide: Boards, Accessories, Instruction
You Provide: Swimsuit, Towel
Meet: UMD Sports and Health Center
Cost: Surf & SUP Pass $45 Annual for UMD Students / $115 Annual Others
INTRO LEVEL LESTER RIVER BOARDSPORT SAMPLER 105019
This is your chance to try stand-up paddle boarding, longboard skateboarding, land paddling, freeboarding and take in the beauty of Lake Superior’s North Shore. Our boardsport staff are dedicated riders who enjoy sharing their knowledge. The RSOP Lester River Surf & Kayak Shack serves as our headquarters and it provides the perfect lakeside venue for training, chilling, grilling, outdoor movies, illuminated night paddling and generally developing your boardsport skills. It’s time to grab a board, pick your stance and start exploring Lake Superior!
SATURDAY, SEPTEMBER 8, 3-9 PM
We Provide: Instruction, boards, wetsuit, lifejacket, paddles, helmets, kneepads, gloves, snacks, beverages, dinner food for the grill, plates, utensils. Transportation will be provided by request.
You Provide: Swimsuit, towel, shoes to get wet, warm clothes, closed toe shoes for skateboarding.
Meet: At the Lester River (60th Ave. East & London Road) or the RSOP Trailhead in the SpHC Lobby at 2:30 if you have requested a ride.
Cost: Pre-registration required. $15 UMD Students / $50 Others. The $15 fee can be applied to your Pass if you decide to get one. This program is free for RSOP Surf & SUP Pass holders.

RIVER WAVE RIDING IN CANADA: STAND UP PADDLEBOARD, SURFBOARD & WHITWATER KAYAK 105017
September 14-16, 2018
The Winnipeg River at Sturgeon Falls offers large glassy waves that can be surfed using a variety of equipment. We will base camp in tents alongside the river and play in the rapids for two days. Beginner level outdoor experience in surfing, SUP surfing or whitewater kayaking will be needed for this trip. The best way to develop these skills before the trip is to participate when we explore Lake Superior and local rivers. A valid Passport is required. This trip is river level dependent and updates on the river level will be offered at the pool sessions. Cost $90 UMD Students Only.

SOUTH SHORE LAKE SUPERIOR SURF, SUP & LONGBOARD SKATEBOARD TRAINING TRIP 105018
October 25-27, 2018
Spend the Fall Break surfing, stand-up paddleboarding, beach combing and cruising remote paved roads on longboard skateboards in Michigan. If the weather is warm we can camp, but if it turns cold, we will stay in a cabin near our surf spot. Cost $120 UMD Students Only.

SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP 108002
Spring Break, March 8-17, 2019
Spend a solid week surfing, stand-up paddleboarding, beach combing and observing marine life. In So-Cal, surfing is built into the lifestyle. So much can be learned here. From our campsite at San Onofre State Park we can hit several surf breaks like the San-O Trails, Dog Patch, Old Mans, Churches, Middles, and other nice breaks in North San Diego County. We will watch the pros at Lower Trestles, visit the Surf Heritage Foundation, eat at the local hot spots and visit surf shops. In La Jolla we will paddle our SUPs with the leopard sharks, seals, garibaldi fish and other marine life.
Cost $425 UMD Students $695 Others
PROGRAM SUMMARY
Start with an introductory level experience during the first two weeks of the Semester. Get your Kayak & Canoe Pass and/or Club Membership to develop your skills in the pool. When you get both, you expand your pool training time on Thursdays 8-10pm. Get outside and enhance your skills while exploring local lakes and rivers on the weekends.

INTRODUCTORY LEVEL POOL TRAINING SESSIONS & TRIPS

APOSTLE ISLANDS SEA KAYAKING
INTRODUCTORY TRIP 105016
The Apostle Island National Lakeshore is a beautiful string of islands on Lake Superior’s South Shore. Our experienced leaders will introduce you to equipment, safety and paddling techniques. We will camp on islands with sand beaches, stargaze, swim and hike with new friends.
DEPART: FRIDAY, AUGUST 31, 2PM
RETURN: SUNDAY, SEPTEMBER 2, 6PM
Register By: Noon, August 29th at RSOP Office
We Provide: Group gear, food, transportation, instruction
You Provide: Personal camping gear
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $78 UMD Students Only

THURSDAY POOL SESSIONS WITH THE KAYAK & CANOE CLUB FROM 8-10PM
Casual instruction and practice time with paddling gear to prepare you for beginner and some intermediate level trips.
SEPT 6,13,20,27 OCT 4,11,18 NOV 1,15,29 DEC 13 JAN 24 FEB 7,21 MARCH 7,21 APRIL 18,25 MAY 2
You provide: Swimsuit, Towel
Meet: SpHC Pool
Cost: Your first session is FREE!
Annual dues are $30 UMD Students/ $70 Others, with free nose plugs for all annual members. Single semester dues are $20 UMD Students/ $45 Others. Three session spring creeker tune-up rate is $15.

INTERMEDIATE TO ADVANCED LEVEL POOL TRAINING SESSIONS & TRIPS

UMD Kayak & Canoe Club Members and Pass Holders who complete the skills check listed for the trip can attend day trips for FREE or the fee listed. Registration occurs at the UMD Pool on Thursdays.

THURSDAY POOL SESSIONS FOR KAYAK & CANOE PASS HOLDERS FROM 8-10PM
Fast paced progressive instruction with various types of equipment to prepare you for intermediate level trips and the possibility of future employment as a paddling instructor.
NOV 8 DEC 6 JAN 17, 31 FEB 14, 28 MARCH 28 APRIL 11, 25
You provide: Swimsuit, Towel
Meet: SpHC Pool
Cost: Kayak & Canoe Passes are $30 UMD Students/ $70 Others

ST. LOUIS RIVER DAY TRIP
(Club Trip) We will drive to the UMD Outpost for an amazing day of river exploration on class I-II rapids with friendly trained instructors. You must pass the beginner level skills check in the UMD Pool with Kayak & Canoe Club Officers before the trip. Lunch will be provided.
SUNDAY OCTOBER 7, 10 AM – 7 PM
Register by: October 4th pool session.
Meet: At the UMD Pool/Tennis Court

KNIFE RIVER
(Club Trip)
Develop your white water skills while paddling North Shore style class I-III rapids on the Knife River. You must pass the intermediate level skills check in the UMD Pool with Kayak & Canoe Club Officers or the Pass Holder Session Instructors before the trip. Lunch will be provided.
SATURDAY, APR 20, 10AM – 6 PM
Register by: April 12th pool session.
Meet: At the UMD Pool/Tennis Court

MIDWAY RIVER
(Club Trip)
We will put in on the Midway River in Esko (Class I- II+) for a five-mile run down to the UMD Outpost. You must pass the intermediate level skills check in the UMD Pool with Kayak & Canoe Club Officers or the Pass Holder Session Instructors before the trip. Lunch will be provided.
SUNDAY, APR 14, 10 AM – 6 PM
Register by: April 5th pool session.
Meet: At the UMD Pool/Tennis Court

RIVER RENDEZVOUS WEEKEND DAY TRIPS
(Combo Club & Pass Holder Trips)
These are the feature white water day trips of the year. You will be able to develop your white water skills while paddling I-III rapids on the St. Louis, Knife, Baptism or Montreal Rivers. You must pass the intermediate level skills check in the UMD Pool with Kayak & Canoe Club Officers or the Pass Holder Session Instructors before the trip. Lunch will be provided.
SATURDAY & SUNDAY, APRIL 27-28
Cost: Free for UMD Students in the Kayak & Canoe Club and $30 per day for UMD Kayak & Canoe Pass Holders, sign up at the April 11th & 18th pool sessions.
SNOW KITING

SNOW KITING FACTS: DID YOU KNOW....
Frozen inland lakes and the St. Louis River Basin near Duluth offer steady winds and open spaces for you to explore the excitement of snow kiting.

The concept behind snow kiting is very basic: use the power generated from a large controllable kite to propel yourself across the snow or ice while riding a snowboard, alpine skis or even ice skates. Kites come in many sizes for use in specific wind conditions and are designed with open cell foils or inflatable chambers.

Equipment consists of a kite, lines, control bar, harness and helmet. A Minnesota winter is the best time to learn the basics and snow kite skills are very useful for those who wish to pursue kiting on the water. Come on out and join the fun!

PROGRAM SUMMARY
Start with an introductory level session. Get your Snow Kite Pass to develop your skills on local lakes. We send e-mail notices for roughly ten lake outings on windy days. The Intro fee can be applied to your pass if you decide to get one. The Annual Snow Kite Pass is $45 if you are a UMD Student and $115 for Others.

KITE INTRODUCTION SESSIONS
108001 Fall Semester
205100 Spring Semester
Learn to be a safe and efficient kite pilot with Professional Air Sport Association (PASA) Trained Snow Kite Instructor Randy Carlson and staff. We will introduce equipment design, safety concepts, harness use, kite launching, how to fly precision patterns, de-powering the kite for landing and proper storage. When you put it all together, you will be able to use the kite to pull yourself on short reaches across the softball field.

TUESDAYS, 11AM–1PM NOVEMBER 6, 20 & JANUARY 22
FRIDAY, NOON–2PM NOV 9,16 & JAN 18
We Provide: Kites, Harness, Instruction
You Provide: Pants that can get grass stains, warm clothing that may include winter boots, snow pants, jacket with hood, mittens, hat, sunglasses.
Meet: Hallway outside the RSOP Day Office, 153 SpHC
Cost per session: $8 UMD Students / $15 Others . Transferable to an alternate date if wind is less than 10 mph. All sessions available to RSOP Snow Kiting Pass holders. Deduct the Intro Session fee from your annual pass if you’re hooked.

KITE INTRO & ONE LAKE OUTING 108005
Add one small group lake outing to your Intro Session. Deduct the fee from your annual pass if you’re hooked.
Cost: $25 UMD Students, $70 Others

LAKE OUTINGS
Lake kiting for all UMD RSOP Kite Members. If the forecast calls for at least 10 mph winds, it’s time to strap your equipment to your feet and learn to glide along using the kite’s power. Stay upwind by flying the kite with precision in the power zones while carving. Try flying the kite in a pattern that lifts you up in the air. Feel the rush of a downwind speed run. At Island Lake a snowmobile will assist beginners that need help getting back up wind. What a rush!

RIP ACROSS WILD RICE LAKE
SATURDAY 11AM–5PM DECEMBER 8
RIP ACROSS ISLAND LAKE
SATURDAY 11AM–5PM JANUARY 19, FEBRUARY 9
We Provide: Kites, Harness, Helmets, Instruction with snowmobile support on Island Lake.
You Provide: Alpine or Telemark skis and Boots or Snowboard and Boots, Helmet, Snow Pants, Jacket with Hood, Mittens, Hat, Sunglasses, Water Bottle, Snacks
Skill Level: All Kite Pass holders may attend. Must be able to safely launch, steer, de-power, & relaunch kite before traveling away from launch area
Meet: Designated lake, Maps provided
Cost: Must be RSOP Snow Kite Pass holder.

KING OF THE LAKE
Kites flying high over frozen lakes is a thrilling experience! Certification as a Professional Kite Pilot is required. Certification is open to any student or community member.

KITE PRIVATE SESSION FOR THE COMMUNITY MEMBERS OF NORTHERN MN
Schedule a full day of snow kiting with your own instructor. Our on-call waiting list serves one or two people at a time.
We will call you one day in advance of a full day kiting session to check your availability and make sure the wind forecast is reliable.
Cost: $150 per person / $130 with two
You become a Snow Kite Pass holder after your private session.

CONTACT RANDY CARLSON
218–726–6177 or rcarlso6@d.umn.edu
for more details.
# EQUIPMENT RENTAL

## EQUIPMENT RENTAL CENTER
154 SPHC
MONDAY 9AM–6PM
TUESDAY–FRIDAY 11AM–6PM

## THE RENTAL PROCESS
Reserve Your Gear: Stop by or call 218-726-6134. Full rental amount is due at time of reservation.

## RENTAL RATE CALCULATOR
**1 Day (up to 24 hours):**
List Price (LP) x 1

**Weekend:**
(Fri-Mon, up to 72 hrs) LP x 2

**Extended Weekend:**
(Thur-Mon) LP x 3

**Week (up to 7 days) = LP x 4**

**10 days**
= LP x 5

**14 days**
= LP x 6

*2 hour = LP X 0.33 *

*6 hours = LP x 0.66 *

*Only certain items are available for rent for 2 or 6 hours.*

## WEEKEND PACKAGES FOR TWO
All packages include a Tent, Cook Kit, Rain Tarp, Water Filter, 1 or 2 Burner Stove and First Aid Kit. Rental is Fri–Sun

### BOUNDARY WATERS WEEKEND
Royalex Canoe w/paddles, pfd's, 3 Duluth Packs, Bear Rope Kit, Folding Camp Saw
Price: $70 UMD Students/$105 Others

### BACKPACKING WEEKEND
2 Backpacks
Price: $40 UMD Students/$60 Others

### SEA KAYAKING WEEKEND (SEP ONLY)
Kayak(s) for two people w/paddles, pfd’s, Wetsuits, Pump, Paddle float, 4 Dry Bags
Price: $100 UMD Students/$150 Others

## BREAK SPECIALS
Rent gear on Dec 17-21, keep it until Jan 2 and pay only 1 week of rental. That’s over 2 weeks for the price of 1! Gear must be returned on Jan 2 or rent gear any day, from Jan 2-15 for 30% off of regular rate.

## REFUNDS AND LATE FEES
Cancellations greater than 48 hours prior to reservation date will receive a credit on your RSOP account. No refund for less than 48 hour notice. Late fees begin after the close of the Rental Center on your due date.

## RENTAL ITEMS & LIST PRICES (LP)
UMD Students get 10% discount on all equipment.

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<tr>
<th>TENTS &amp; SHELTERS</th>
<th>LP</th>
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<tr>
<td>1 person tent (Eureka)</td>
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<td>2 person tent (Marmot)</td>
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<td>3 person tent (Marmot)</td>
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<td>4 person tent (Marmot)</td>
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<td>Rain Tarp (10x14) or (9x12)</td>
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<td>Hammock</td>
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<tr>
<th>STOVE/COOKING GEAR</th>
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<td>Isobutane Stove (Optimus Vega) (No Fuel)</td>
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<td>3.5</td>
</tr>
<tr>
<td>Alcohol Stove</td>
<td>2</td>
</tr>
<tr>
<td>Cook Kit (Lg) up to 10 people</td>
<td>2.5</td>
</tr>
<tr>
<td>Cook Kit (Md) up to 6 people</td>
<td>2.5</td>
</tr>
<tr>
<td>Cook Kit (Sm) up to 3 people</td>
<td>2</td>
</tr>
<tr>
<td>Utensil Kit</td>
<td>1</td>
</tr>
<tr>
<td>Fuel Bottle (empty)</td>
<td>.50</td>
</tr>
<tr>
<td>White Gas Fuel 22oz or 32oz</td>
<td>4/5</td>
</tr>
<tr>
<td>ISobutane Fuel Canister 4oz or 8oz</td>
<td>5/7</td>
</tr>
<tr>
<td>Water Filter (Ceramic)</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FISHING</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spin Casting Rod/Reel Combo (Collapsible)</td>
<td>2</td>
</tr>
<tr>
<td>Smelting Net</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PACKS</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backpack (Granite Gear)</td>
<td>4.5</td>
</tr>
<tr>
<td>Duluth Pack #3 or #4</td>
<td>3/4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SLEEPING BAGS</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping Bag (to 35 F)</td>
<td>3.5</td>
</tr>
<tr>
<td>Sleeping Bag (to 20 F)</td>
<td>4.5</td>
</tr>
<tr>
<td>Sleeping Bag (to 0 F)</td>
<td>4.5</td>
</tr>
<tr>
<td>Self Inflating Pad</td>
<td>2</td>
</tr>
<tr>
<td>Closed Cell Foam Sleeping Mat</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WINTER GEAR</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>XC SKI PACKAGE SKIS, POLES, BOOTS</td>
<td></td>
</tr>
<tr>
<td>*Classic Skis No Wax or Waxable</td>
<td>10</td>
</tr>
<tr>
<td>*Skate Skis</td>
<td>12</td>
</tr>
<tr>
<td>Telemark Ski Package Skis, Poles, Boots</td>
<td>16</td>
</tr>
<tr>
<td>Back Country Ski Package Skis, Poles, Own Winter Boots</td>
<td>8</td>
</tr>
<tr>
<td>Wax Kit Kick Wax, Cork, Scraper</td>
<td>1.5</td>
</tr>
<tr>
<td>Snow Shovel</td>
<td>2</td>
</tr>
<tr>
<td>*Ice Skates</td>
<td>4</td>
</tr>
<tr>
<td>Puil Sled</td>
<td>3</td>
</tr>
<tr>
<td>*Snow Sled</td>
<td>3</td>
</tr>
<tr>
<td>*Snowshoes (metal or wood)</td>
<td>9</td>
</tr>
</tbody>
</table>

*These items are available for 2 and 6 hour periods. (See rate calculator)*

<table>
<thead>
<tr>
<th>SPORT EQUIPMENT</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disc Golf driver, putter: Free UMD students/$1 Others</td>
<td></td>
</tr>
<tr>
<td>Kickball Kit</td>
<td>5</td>
</tr>
<tr>
<td>Dodgeball Kit</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MISCELLANEOUS</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slackline Kit</td>
<td>4</td>
</tr>
<tr>
<td>Folding Camp Chair</td>
<td>3</td>
</tr>
<tr>
<td>Trowel</td>
<td>.50</td>
</tr>
<tr>
<td>Head Lamp</td>
<td>2</td>
</tr>
<tr>
<td>First Aid Kit</td>
<td>3</td>
</tr>
<tr>
<td>Bear Rope Kit</td>
<td>2</td>
</tr>
<tr>
<td>Folding Camp Saw</td>
<td>1.5</td>
</tr>
<tr>
<td>Binoculars</td>
<td>2</td>
</tr>
<tr>
<td>Compass (Orienteering Style)</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLIMBING INDOOR/OUTDOOR</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock Climbing Shoes</td>
<td>2</td>
</tr>
<tr>
<td>Climbing Harness</td>
<td>2</td>
</tr>
<tr>
<td>Climbing Helmet</td>
<td>2</td>
</tr>
<tr>
<td>Crash Pad</td>
<td>5</td>
</tr>
<tr>
<td>Ice Climbing Boots</td>
<td>6</td>
</tr>
<tr>
<td>Crampons</td>
<td>4</td>
</tr>
<tr>
<td>Ice Axes (1 pair)</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CANOES (May 16-Oct 31) includes 2 paddles, 2 pfd’s and tie down kit, Portage pads</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminum Canoe (Alumacraft)</td>
<td>20</td>
</tr>
<tr>
<td>Royalex Canoe (Wenonah)</td>
<td>24</td>
</tr>
<tr>
<td>Solo Royalex River Tripping Canoe</td>
<td>22</td>
</tr>
<tr>
<td>Plastic Paddle</td>
<td>2</td>
</tr>
<tr>
<td>PFD/Life Jacket</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEA KAYAKS (May 16-Oct 5) includes Wetsuit, Skirt, Paddle, PFD, Pump, Paddle float, Tie down kit, Dry bags</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Kayak</td>
<td>40</td>
</tr>
<tr>
<td>Tandem Kayak</td>
<td>65</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RECREATIONAL KAYAKS (May 16-Oct 5)</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Recreational Kayak</td>
<td>18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STAND UP PADDLEBOARD (May 16-Oct 5)</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes Board, Paddle, PFD, Wetsuit, Tie down kit, Leash</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TRANSPORTATION</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe Trailer</td>
<td>37</td>
</tr>
<tr>
<td>Mountain Bike / 29er</td>
<td>20</td>
</tr>
<tr>
<td>City/Path Bike</td>
<td>14</td>
</tr>
<tr>
<td>Buck-A-Bike (Same Day Return)</td>
<td>1</td>
</tr>
<tr>
<td>Fat Bike</td>
<td>35</td>
</tr>
<tr>
<td>Bike Helmet</td>
<td>1</td>
</tr>
<tr>
<td>Bike Lock</td>
<td>1</td>
</tr>
<tr>
<td>Fender Blender Bike (organized groups only)</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLOTHING</th>
<th>LP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain Jacket</td>
<td>3</td>
</tr>
<tr>
<td>Rain Pants</td>
<td>3</td>
</tr>
<tr>
<td>Wetsuit, PFD, Paddling Jacket pkg.</td>
<td>9</td>
</tr>
<tr>
<td>Wetsuit</td>
<td>6</td>
</tr>
</tbody>
</table>