Recreational Sports Outdoor Program
University of Minnesota Duluth
Fall 2017

Active, Healthy Lifestyles & A Connection to the Outdoors
Those kinda sound like names for sandwiches at the local sub shop. They are actually common names used in the sport of ultimate. Ultimate, often called ultimate frisbee, is a non-contact team sport originally played with the Wham-O toy company trade marked “frisbee”. The most commonly used disc today is the Discraft Ultrastar 175 gram disc that was introduced in 1981. From its beginnings in the early 1960’s, ultimate has resisted empowering any referee with rule enforcement, instead relying on the sportsmanship of players and invoking the “spirit of the game”, often abbreviated SOTG, to maintain fair play. Players call their own fouls, and dispute a foul only when they genuinely believe it did not occur. Ultimate is a pretty easy sport to pick up. Points are scored by passing the disc to a teammate in the opposing end zone. Basic rules are that players must not take steps while holding the disc, and interceptions, incomplete passes, and passes out of bounds are turnovers. It’s very similar to soccer, but you use your hands and not your feet.

If you would like to get into the sport of ultimate, you have to look no further than RSOP. We offer intramural ultimate leagues during both fall and spring semesters, and we support both women’s and men’s club ultimate teams. For many college students, ultimate has become a life-long sport. It is a great way to keep physically active and stay connected with your community.

“Ultimate Frisbee is something that I fell in love with in high school and have continued to play in college. I am so grateful that I have it, because this club is made up of some pretty amazing women and now they are all my friends! We have so much fun as a team and as a community. This sport is really something special.”

—Mackenzie Olson, Team Captain

LAKE EFFECT - THE WOMEN’S CLUB ULTIMATE TEAM
**HOURS OF OPERATION**

**MAIN OFFICE**
- **153 SpHC**
  - Mon–Thr: 8:00am–6:00pm
  - Fri: 8:00am–4:00pm

**RECREATION CENTER**
- Mon–Thr: 6:00am–11:45pm
- Fri: 6:00am–8:45pm
- Sat: 9:00am–5:45pm
- Sun: Noon–8:45pm

Lower Level—Free Weights & Selectorized (SpHC 92)*
- Upper Level—Cardio (SpHC 157)
- Recreational Gym (155 SpHC)
- Jogging/Walking Track (SpHC 195)

*The Lower Level weight room will be closed due to classes Monday and Wednesday from 9:00-10:00am. The Upper Level will remain open during classes.

**RENTAL CENTER**
- **154 SpHC**
  - Mon: 9:00am–6:00pm
  - Tue–Thr: 11:00am–6:00pm
  - Fri: 11:00am–7:00pm

**POOL**
- Lap/Open Swim*
  - M/W/Th/F: 1:30pm–2:30pm
  - Tue/Thr: 6:00–8:00am
  - Mon–Fri: 11:00am–1:30pm
  - Sat: 1:30–3:00pm
- Open Swim
  - M/W/Th/F: 2:30pm–3:30pm
  - Sat: 12:00–1:30pm

* Only 3 lap lanes are available during Lap/Open Swim.

**FREE BOULDERING**
- Mon–Thr: 6:00am–4:00pm
- Fri: 6:00am–3:00pm
- Sat: 9:00am–5:00pm
- Sun: Noon–8:00pm

**NORTH SHORE WALL**
- Fitness Center
  - Mon–Thr: 4:00pm–10:00pm
  - Fri: 3:00pm–6:00pm
  - Sat: 3:00pm–5:45pm

**INLAND WALL**
- Ice Rink (On demand)
  - Mon–Thr: 4:00pm–8:00pm
- Ice Rink (North Shore Climbers)
  - Sat: 3:00pm–8:00pm

**CAMP GROUND**
- Open Daily
  - Park & walk-in access is available May 30-August 27, 2017.
  - Backpack thru-hiker access is available at any time.

**INTRAMURAL EQUIPMENT CENTER**
- **199 SpHC**
  - Mon–Thr: 5:00pm–11:45pm
  - Fri: 3:00pm–8:45pm

**AUXILIARY GYM**
- **SpHC 150A**
  - M/W/F: 11:00am–11:00am

**ROMANO GYM**
- **SpHC 150**
  - Fri: 6:00pm–8:45pm
  - Sat: 9:15am–5:45pm
  - Sun: 12:15pm–8:45pm

*Consult UMD Volleyball and Basketball schedules for Friday and Saturday availability.

**ICE RINK (Aug 28-Oct 20)**
- Open Skate
  - Mon–Fri: 11:30am–1:30pm
  - Mon–Thr: 6:00pm–7:00pm
  - Fri: 6:30pm–8:00pm
  - Sat: 11:30am–1:30pm
- Open Hockey
  - T/Th: 8:00am–10:00am
  - Mon–Thr: 7:00pm–8:00pm

**ICE RINK (Oct 21-Dec 15)**
- Open Skate
  - Mon–Fri: 11:30am–1:30pm
  - Mon–Thr: 6:00pm–7:00pm
  - Fri: 6:30pm–8:00pm
  - Sat: 11:30am–1:30pm
- Open Hockey
  - T/Th: 8:00am–10:00am

**SCHEDULE DOES NOT APPLY** during Fall Break (Oct 26-Oct 29) or Thanksgiving Break (Nov 23-26). Schedules for Fall Break and Thanksgiving Break will be posted at a later date.

Facilities will be closed on Sept 4, Nov 23 & 24. Patrons must carry the appropriate pass at all times.

Schedule changes are communicated on our website as well as via social media.

umdrso.org (218)726-7128
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.umdrsaop.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.

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, Aquatic programs and Open Skating. 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.

PROFESSIONAL STAFF

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ERIN ZOELLICK
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218–726–6533
ezoellic@d.umn.edu
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, Fieldhouse, and Ice Rink.

<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>$95</td>
<td>$70</td>
<td>N/A</td>
</tr>
<tr>
<td>UMD Faculty/Staff</td>
<td>$90</td>
<td>$65</td>
<td>$204</td>
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<tr>
<td>Dependents 16 and over</td>
<td>$90</td>
<td>$65</td>
<td>$204</td>
</tr>
<tr>
<td>Under 16</td>
<td>$65</td>
<td>$50</td>
<td>$125</td>
</tr>
<tr>
<td>Affiliate</td>
<td>$110</td>
<td>$75</td>
<td>$230</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
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<tr>
<td>UMD Alumni Dependents</td>
<td>$140</td>
<td>$100</td>
<td>$295</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 the month of Sept. 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.

Guest Pass $7 per day
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

Full Time Students $55
Part Time Students $55, $70 w/o membership
Faculty/Staff $75
Community $150
Day Pass: $10
Faculty & Staff can purchase an Annual Pass for $140
Discounted Pass begins October 23: $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 / $60 Others
ANNUAL PASS $50 UMD Students / $150 Others
Semester Pass Discount: Show your Fall 2017 Climbing Semester Pass and get $5 off your Spring 2018 pass.

ICE RINK PASS (for non-members only)
One-time Pass: $3
10-Punch Pass: $30

LOCKER RENTAL

Locker rental is available for students and employees who have active RSOP memberships.
Employees: $50 Annual, $30 Semester Students: $30 Annual, $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. Pay your 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 includes over 20 action packed activities for students, featuring teams and individual/dual competition throughout the school year! We will do everything we can to provide diverse opportunities, regardless of ability.

Intramural Sports Official
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 Supervisor at 218-726-7648.
INTRAMURAL SPORTS FALL 2017 SCHEDULE

<table>
<thead>
<tr>
<th>SEPTEMBER 6 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAIN’S MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>$85</td>
<td>September 7, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td>Flag Football</td>
<td>$85</td>
<td>September 7, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td>Ultimate</td>
<td>$65</td>
<td>September 7, 6:30pm, SpHC 39</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$75</td>
<td>September 7, 7:15pm, SpHC 39</td>
</tr>
<tr>
<td>Softball</td>
<td>$75</td>
<td>September 7, 8:00pm, SpHC 39</td>
</tr>
<tr>
<td>Kickball</td>
<td>$75</td>
<td>September 7, 8:45pm, SpHC 39</td>
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</tbody>
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<table>
<thead>
<tr>
<th>SEPTEMBER 12 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling (Tue)</td>
<td>$50</td>
<td>September 12, 9:00pm, Bowling Alley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEPTEMBER 14 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling (Thur)</td>
<td>$50</td>
<td>September 14, 9:00pm, Bowling Alley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OCTOBER 18 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broomball</td>
<td>$75</td>
<td>October 19, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td>Hockey</td>
<td>$125</td>
<td>October 19, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td>CoRec Basketball</td>
<td>$75</td>
<td>October 19, 6:30pm, SpHC 39</td>
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<tr>
<td>3 on 3 Basketball</td>
<td>$45</td>
<td>October 19, 7:15pm, SpHC 39</td>
</tr>
<tr>
<td>4 on 4 Volleyball</td>
<td>$70</td>
<td>October 19, 8:00pm, SpHC 39</td>
</tr>
<tr>
<td>Curling</td>
<td>$45</td>
<td>October 19, 8:45pm, SpHC 39</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.
SPORTS CLUBS

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 any 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.umdrsoc.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.
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.

**BEGINS SEP 5 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!**
FITNESS/WELLNESS

MASSAGE
Looking for a little relief from the stress of the day? Call now to set up a massage appointment. Therapists are nationally certified and highly skilled. All welcome!
$30 FOR 30 MINUTES
$60 FOR 60 MINUTES ($45 UMD STUDENTS)
$90 FOR 90 MINUTES

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 college age or over the age of 25 years. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Students and others are welcome to take advantage of the “North Shore Punch Pass” ($65) which is good for 3 months and has 12 punches.
SEPTMBER 12 - DECEMBER 23
MEETS: MON, WED AND FRI 6:30-8AM
Cost: $180

EMPLOYEE ONLY FITNESS CLASS
Come join us for a Functional Fitness class designed specifically for employees only. This is a beginner/intermediate class that will provide cardio, strength and flexibility training. Limited to the first 30 registrants. Required to bring your own yoga mat.
TUE - THR, SEP 5 - DEC 8, NOON - 12:45PM
Meet: SpHC 135
Cost: $60

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 23th to guarantee a t-shirt. All registrations taken online.
SUNDAY, OCTOBER 1
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 21
9:30 - 11:30 AM
Gold Room, SPHC 33
$10 UMD Students/$15 Others

REIMBURSED EMPLOYEE CLASSES
Open to employees who are covered by the UPlan Medical Program (spouses and partners are not eligible). Attend 13 of 16 small group strength classes led by a certified personal trainer, complete a pre- and post-course fitness assessment, and the $199 cost of the course will be reimbursed. One lifetime reimbursement.

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, OCT 2 - NOV 22
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 8 participants.
M/W 12:00-12:45
OCT 2 - NOV 22
Meet: SpHC 33
Cost: $199
YOUTH LEARN TO SKATE!
Learn to skate on at the UMD Ice Rink during six training lessons. These lessons provided in two levels for children, ages 4+, and a fundamental beginner level for adults to learn the basics of ice skating from our experienced RSOP staff.
SATURDAYS, NOV 4-DEC 16
BEGINNER 9:15-10:15AM
BEGINNER 10:15AM-11:15AM
LEVEL 3+ 9:15AM-10:15AM
$100/Child

YOUTH LEARN TO CLIMB!
Learn to climb at the UMD Inland Climbing Wall! These six beginner to intermediate based lessons are for children, ages 8+, to learn the basics of rock climbing, belaying, and knot tying from our experienced RSOP staff. Along with these lessons each participant will receive a semester pass for all RSOP Open Climb times at the UMD Northshore and Inland Climbing Walls.
THURSDAYS, NOV 2-DEC 14
BEGINNER 5:30PM-6:45PM
INTERMEDIATE 7:00-8:15PM
$60/Child

PARENT BELAY CLINICS
Parent, siblings and guardians join the UMD RSOP Staff for one of our Saturday morning Belay Clinics to learn to belay top-rope indoor climbers! All participants that pass the belay clinic will receive a Semester Climbing Pass for all RSOP Open Climb times at the UMD Inland and Northshore Climbing Walls.
SATURDAY, OCT 28TH 10:00-10:45AM
SATURDAY, NOV 4TH 10:00-10:45AM
**Must be 16 years or older. The Open Climb schedule is located on page 2.
$60/person

LEARN TOGETHER!
Our “Learn Together” programs provide six training lessons opportunities for children and parents to learn and play a number of activities together. Such as the following:
Together Learn to Climb
Includes a semester pass for all RSOP Open Climb times at the UMD Inland and Northshore Climbing Walls.
SATURDAYS NOV 4-DEC 16, 10:45AM-12:00PM
$60/person

Together Learn Badminton
Children and adults will learn the sport of badminton from our RSOP staff, and have the opportunity to play badminton matches in the UMD Wells Ward Fieldhouse.
SATURDAYS NOV 4-DEC 16, 10:00AM-12:00PM
$60/person

Together Learn Taekwondo
Children and adults will learn Taekwondo from our experienced RSOP staff in the UMD Sports and Health Center (SpHC) and UMD Ward Fieldhouse.
SATURDAYS NOV 4-DEC 16, 10:00AM-12:00PM
SUNDAYS NOV 5-DEC 17, 12:00-2:00PM
$85/person

ADULT RECREATION CLASSES!
The following classes offer a unique opportunity for UMD students, faculty, staff and community members to learn a new activity, sport, or skill.

Ice Skating Classes (Adult Beginner)
Learn to skate on at the UMD Ice Rink during six training lessons. These lessons provided a fundamental beginner level for adults to learn the basics of ice skating from our experienced RSOP staff.
SATURDAYS, NOV 4-DEC 16, 10:15-11:15AM
TUESDAYS, OCT 23-DEC 5, 3:15-4:15PM
THURSDAYS, NOV 2-DEC 14, 7:15PM-8:15PM
SATURDAYS, NOV 4-DEC 16, 10:00AM-11:15AM
$15/UMD Student $60/Other

Ballroom Dance Classes (Adult Beginner)
Learn the foxtrot, the waltz and many other classic ballroom dances during six training lessons in SpHC 135. These lessons are taught by our RSOP staff.
TUESDAYS, OCT 23-DEC 5, 3:15-4:15PM
THURSDAYS, NOV 2-DEC 14, 6:15-7:15PM
THURSDAYS, NOV 2-DEC 14, 7:15PM-8:15PM
SATURDAYS, NOV 4-DEC 16, 10:15-11:15AM
$15/UMD Student $60/Other

BIRTHDAYS & SPECIAL EVENTS
Planning a class field trip, a birthday party, or a special youth event? Contact the RSOP Youth Program to help you plan, facilitate, and host a great event. We have multi-purpose rooms, large gym spaces, a pool, a turf/ice rink, 2 rock walls, the fieldhouse, and many outdoor field spaces. We also coordinate with other departments for options like the UMD Planetarium and the Tweed Museum. Call us at (218) 590-3339 or email us at kidsrock@d.umn.edu with your pricing and planning questions.

Youth and Recreation Classes will not be held Nov. 22nd - Nov. 26th due to UMD Holiday Schedule.

REWARDS & DISCOUNTS: UMD Faculty/Staff Discount – 5% off final cost for all current UMD Faculty & Staff members.

(218)726-7128  umdrsop.org
# Lap and Open Swim Schedule Fall 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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* Only 3 lap lanes are available during Lap/Open Swim.

**Pool Closure Dates:** Sep 4 (Holiday), Oct 26-29 (Fall Break), Nov 23-26 (Holiday), Dec 16-Jan 9 (Holiday Break). Spring 2018 pool schedule begins January 10. Please check the RSOP Website for other pool schedule changes or closures throughout the semester. These dates may not affect North Shore Swim Clubs practice schedule.

## Open Water Scuba Course
The Open Water Scuba class covers the basics of scuba diving with classroom and pool instruction. When finished the 4 class in-pool sessions, you can get “Open Water Certified” by completing 4 open water dives in early Fall, late Spring & Summer.

**Sundays, 3-6pm**
**Session 1:** Sep 17, 24, Oct 1, 8  
**Session 2:** Oct 15, 22, 29, Nov 5  
**Session 3:** Nov 12, 19, 26, Dec 3  
**UMD Pool**  
**Cost:** $150 includes four 3-hour pool sessions, text material and equipment use. If you choose to attain the Open Water Training Certification, there is an extra $150 fee. 
This fee includes:  
- 4 Open Water Check-Out Dives  
- All your equipment and air  
- Certification Administrative fees.  
These courses are taught by Elmer Engman. Elmer is an instructor for the Professional Association of Diving Instructors, Scuba Educators Intl., and the Public Safety Diving Association. For more information contact Elmer at: Vikingdiver@mchsi.com.

**Rent Our Pool**
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.

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<thead>
<tr>
<th>Patrons</th>
<th>Cost/hr</th>
<th>Guards</th>
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<tr>
<td>51-75</td>
<td>$100/hr</td>
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Contact Gregg Batinich at 218-726-6295, gbatinic@d.umn.edu to reserve the pool.
UMD RSOP AQUATICS SWIM LESSON SCHOOL

Proudly serving generations of Northland families with the highest quality American Red Cross Swim Lesson instruction for over 20 years. •Toddler, Youth & Adult Lessons •Small Class Sizes •Experienced American Red Cross Certified Water Safety Instructors •Private and semi-private swim lessons are available

<table>
<thead>
<tr>
<th>SWIM LESSON SCHEDULE FALL 2017</th>
<th>M/W and T/Th Class Times and Levels</th>
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<td>Session</td>
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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.

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<tr>
<th>MORNING PARENT-CHILD &amp; PRE-SCHOOL LESSONS FALL 2017</th>
<th>Morning... Class Times and Levels</th>
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<tbody>
<tr>
<td>Session</td>
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Morning Parent Child (PC), Pre-School (PS) Learn-To-Swim (L)

| NORTH SHORE SWIM CLUB PRE-TEAM (LEVELS 4, 5, 6) |
|________________________________________|
| North Shore Swim Club now instructs all pre-team levels 4, 5, 6. All coaches are American Red Cross Water Safety Instructor certified, and are Level 1 & 2 certified by the American Swim Coaches Association. For more information contact Coach Ted Patton 218-726-6759, tpatton@d.umn.edu

<table>
<thead>
<tr>
<th>NORTH SHORE SWIM CLUB PRE-TEAM LEVELS 4, 5, 6 FALL 2017</th>
<th>Class Times and Levels</th>
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<td>Session</td>
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<td>Session 3</td>
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<td>No lessons Oct 26</td>
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Disclaimer: The Friday prior to each new session we will review all swim lesson class rosters. If there are fewer than 3 students signed up 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.

For more information about our Private Swim Lesson program and to check availability, please contact Student WSI Supervisors Sommer Heikkila (heikk110@d.umn.edu) and Savanna Metzger (metzg094@d.umn.edu), Office Phone: 218-726-6516

Free parking after 5pm in the pay lot on the corner of St. Marie Street and University Drive!
SHORT COURSE SEASON (FALL/WINTER)  
SEPTEMBER 5 - MARCH 18  
LONG COURSE SEASON (SPRING/SUMMER)  
MARCH 19 - AUGUST 4  
Enrollment is on-going and swimmers may join at any time.

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

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

USA Swimming year round registration fee of $62 is required.

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 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 college age or over the age of 25 years. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Students and others are welcome to take advantage of the “North Shore Punch Pass” ($65) which is good for 3 months and has 12 punches.

Fall/Winter Session: September 6 - December 22  
Winter/Spring Session: January 3 - May 4  
Summer Session: May 7 - August 4  
Meets: Monday, Wednesday and Friday 6:30-8am during the Fall, Winter, and Spring Sessions. Meets Monday - Friday 6:30-8a.m. during the Summer Session.  
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 5, 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 Ayla (eric3046@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 2, 1-6PM
SUNDAY, SEPTEMBER 3, 1-6PM

Register By: Noon, September 1
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 4 (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!

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!

WEDNESDAYS IN SEPTEMBER 5:30-7PM
Meet: On the shore of Rock Pond in Bagley Nature Area
OUTDOOR ACTIVITIES

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.

BOOMERANG THROWING
Are your boomerang skills a bit rusty!? Give it a go, and it will probably come right back to you! If you’ve never tried it, with a little practice you’ll learn the basic skills. It’s FUN!
THURSDAY, SEPTEMBER 7, 4-6PM
Register By: Noon, September 6
We Provide: Boomerangs, Instruction
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $2 for UMD Students/ $5 Others

BIKE REPAIR MONDAYS!
Bring in your bike and learn how to do basic repairs while fixing your ride. Lubrication, flat repairs, and adjustments. Learn, while doing, with expert direction from our mechanic, using our tools. Minimal charges for materials and time.
MONDAYS, SEPTEMBER 11 - 25, 6-7:30PM
Register By: Noon, September 11
We Provide: Boomerangs, Instruction
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $2 for UMD Students/ $5 Others

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!
TUESDAY, SEPTEMBER 12, 5:45-7:45PM
Register By: Noon, September 11
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

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 18, 4-7:30PM
Register By: Noon, September 15
We Provide: Instruction, Bike pumps, and transportation
You Provide: A Bike (available for rental at the RSOP Rental Center; 20% off!), Helmet, Water Bottle, and Clothing for the weather.
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $6 UMD Students/$12 Others

LUMBERJILL
You know 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...
KAYAK SOUTH SHORE SEA CAVES
Join us on a day trip outing to the famous Apostle Island Sea Caves in Cornucopia, WI. We will spend the day exploring the caves via kayak, while learning about the natural and cultural history of the Apostle Islands. Enjoy a lunch break on the beach of the mighty Lake Superior and a fun day of fall paddling! If the weather is rough, we’ll explore sheltered harbors in the area.

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 Randy Roff will present on the public land opportunities near Duluth. Bring your questions (and your maps for marking - if you have them)!

THURSDAY, SEPTEMBER 21, 7-9PM
Meet: Sports and Health Center Room 9
Cost: FREE!

EAT NATURE
Do you ever see plants and fungus that look delicious but question whether or not it is worth poisoning yourself? Come learn about what you actually can eat in the wild, and how to make berries, roots, and herbs taste delicious!

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!

PIZZA IN THE WOODS
Tired of eating expensive meals out of a bag on trail? Come join us as we learn how to make pizza and enjoy great campfire food.

OUTDOOR ACTIVITIES
FALL COLORS SUPERIOR HIKING TRAIL TO ELY’S PEAK
Want to see the fall colors of Duluth? Come with us as we explore Ely’s Peak and gaze upon the beautiful landscape on this day hike.
SUNDAY, OCTOBER 8, 1-5PM
Register By: Noon, October 6
We Provide: Transportation and leaders
You Provide: Proper Clothing for the weather, water
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $7 for UMD Students/ $15 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 a 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 10, 4-7PM
We Provide: Instruction, tools, & Pizza!
You Provide: Gloves, work clothes, water bottle
Meet: Bagley Nature Area Classroom
Cost: FREE!!!

CONSTELLATION HIKE
Have you ever looked up at the night sky and asked, where is the big dipper? The Little Dipper? Cassiopeia? Come and take a hike under the stars! We will be observing some of the many well known constellations and sharing stories as to how each made its way to the night sky.
THURSDAY, OCTOBER 12, 7-9PM
Register By: Noon, October 11
We Provide: Transportation, Instruction
You Provide: Proper Clothing for the weather, Headlamp
Meet: At the “Trailhead” Sports and Health Center Lobby
Cost: $5 UMD Students/ $10 Others

DRIFTWOOD WIND CHIMES
Harness the beauty of nature with Lake Superior driftwood. Join us as we make driftwood windchimes with wood gathered from the shores of our very own Lake Superior.
WEDNESDAY, OCTOBER 18, 6-8PM
Register By: Noon, October 17
We Provide: All Materials needed, Instruction
Meet: Sports and Health Center Room 191
Cost: $4 UMD Students/ $7 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.
MONDAY, OCTOBER 23, 6-9PM
Register By: Noon, October 20
We Provide: Instruction and all materials
You Provide: Sweater to turn into swants (if you have one)
Meet: Sports and Health Center Room 191
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 6, 13, AND 20, 6-9PM
Register By: Noon, October 26
We Provide: Instruction, materials, and tools
You Provide: Tools (if you have: hand plane, spoke shave, c-clamps, pipe clamps, saber saw)
Meet: Bagley Nature Area Classroom
Cost: $32 for UMD Students Only
**A SUPERIOR ADVENTURE**

During the summer of 2015 Jared Munch, a UMD alum, became the first and only person to circumnavigate Lake Superior via Stand Up Paddleboard (SUP). Jared paddled over 1300 miles over 46 days, starting and ending in Duluth. Jared’s trip raised over $3,000 for at risk youth. Jared will share his story of paddling around the Lake, specific considerations for SUP tripping, and other travels on a SUP in the Lake SUPERior watershed.

**TUESDAY, NOVEMBER 7, 6-8:30PM**
Meet: Bohannon Hall Room 90

**SNOWSHOE MAKING**

We may not have snow on the ground, but now is a great time to build your snowshoes for this winter! You will be able to walk away from this program with your own pair of woven snowshoes, from a kit, that are similar to Ojibwe style snowshoes. These are a perfect style for snowshoeing in our area. We will teach you a little bit about the history of snowshoes, the traditional materials used, weaving techniques, and what you can do to make your very own pair at home if you would like. The first session will start you off on the basic knots and weaving techniques for the toe and tail sections, then session two will get more advanced with weaving the center section.

**TUESDAY, NOVEMBER 14 AND 28, 6-9PM**
Register By: Noon, November 8
We Provide: Materials needed, including pre-built frames & cord
You Provide: Time outside of class for weaving, varnish
Meet: Sports and Health Center room 119
Cost: $112 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, DECEMBER 6, 6-8PM**
Register By: Noon, December 5
We Provide: Instruction and all waxing equipment
You Provide: Cross country skis, alpine skis, or snowboard
Meet: Sports and Health Center Room 9
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, SEPTEMBER 1, 2PM
**RETURN:** SUNDAY, SEPTEMBER 3, 6PM
**Register By:** Noon, August 30
**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 8, 2PM
**RETURN:** SUNDAY, SEPTEMBER 10, 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

**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 29, 2PM
**RETURN:** SUNDAY, OCTOBER 1, 6PM
**Register By:** Noon, September 27
**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

**SPRING BREAK TRIP**

**CANOEING THE OZARKS**
Spring break in the Ozarks of Arkansas is warm and beautiful! Here is your chance to get away from winter and enjoy spring as it is emerging along the Buffalo River, a “National River” (a National Park that is a river). This is one of the most beautiful and spectacular rivers in the United States, that some call a museum of natural history with a wide variety of mammals, plants, fish, birds, and spectacular geology. History buffs will also enjoy the human history, which includes Civil War skirmishes, old homesteads, and cemeteries. Hop in the canoes for a ride down the clear water of the Buffalo River. Early on we’ll pass steep walls of rock over 500 feet and have some thrills of occasional small rapids. Campsites will be on gravel bars along the river.
Side hikes to waterfalls, old homesteads, cemeteries, and overlooks will be included. Fun paddling, amazing scenery, short hikes, and new friends. What more could you ask for?
**DEPART:** FRIDAY, MARCH 2, 2018  4PM
**RETURN:** SUNDAY, MARCH 11, 2018  2PM
**Register By:** Noon, February 21
**We Provide:** Group Equipment, Food, Transportation
**You Provide:** Personal Gear
**Cost:** $499 UMD Students/ $775 Others

**SPRING BREAK TRIP**
CLIMBING AT UMD
UMD offers the use of two great indoor climbing walls on campus. In addition, we utilize several local, top-notch 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.

WALL HOURS AND RESERVATIONS
North Shore Wall:
Monday-Thursday 4-10pm
Friday & Saturday 3-6pm
Inland Wall:
North Shore Climbers Club: 6-9pm on Tuesdays
Group reservations: Design your group’s climbing session at UMD. Birthday parties, Scouts, sports teams 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, October 26-29, and November 23-27.

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
Semester pass discounted half way through the semester
CLIMBING

FREE CLIMBING OPPORTUNITIES

FREE WEEK
Climbing is FREE during the first two weeks of school, AUGUST 28-SEPTEMBER 9. Instructors are always on hand to help answer questions and fit equipment.

FREE FITNESS BOULDERING
Focusing on core strength, balance and coordination, bouldering is a great addition to a workout or as a complete workout alternative. Add a challenge to your everyday workout with a bouldering routine. 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.

COSMIC BOULDERING
Spend a relaxing late night bouldering, and watching climbing videos. Everyone is welcome!
8-10PM THE FOLLOWING WEDNESDAYS: SEP 20, OCT 4, 18, NOV 1, 15, 29
Register By: No registration necessary
Meet: Inland Wall
Cost: Free
Prerequisite: none

WOMEN ON THE WALL
Calling all women, womyn and female-identifying persons! Come join us at the Inland Wall, located on the far side of the ice-rink, for some women only climbing! Beginners are always welcome. Bring your friends! All equipment and female-identifying instructors are provided
8-10PM THE FOLLOWING WEDNESDAYS: SEP 13, 27, OCT 11, NOV 8, DEC 6
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 experience! Specialized instruction for beginning climbers/belayers.
7-10PM MONDAY, SEPTEMBER 11, 25
Register By: No Registration Necessary
Meeting: Inland Wall, SpHC
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 16
Register By: No Registrations Necessary
Meet: TBD, Transportation is not provided
Cost: Free
Prerequisite: None

SPECIAL EVENTS

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.
DATES: 10AM, SATURDAY, OCTOBER 14
Meet: North Shore Wall
Register By: Day of registration available
Cost: TBA
Prerequisite: UMD belay certified (top rope) or equivalent

HALLOWEEN BOULDERFEST & COMPETITION
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, TUESDAY, OCTOBER 31
Register By: 5:30pm, October 31
Meet: North Shore Wall
Cost: $10 UMD Students/$20 Others
Prerequisite: None

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.
3-5PM, FRIDAYS, SEPTEMBER 1 - NOVEMBER 17
Register By: No Registration Necessary
Meet: RSOP Trailhead
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 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 THURSDAY, SEPTEMBER 28

CLINICS & TRAININGS
This is not a climbing trip, it is an anchor the top of a climb. Held at Shovel Point.

belaying on the base to belaying from cover the basics when transitioning from or Palisade Head? This session will

Getting ready to head to Shovel Point of belaying from the top of the climb. This final session introduces the quirks

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, FRIDAY, SEPTEMBER 15
Register By: Noon on Friday, Sep 15
Meet: 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 - Outdoor Practice at Whoopee Wall/Ely’s Peak
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.

Session 4 - Top Belay Setups
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. Held at Shovel Point. This is not a climbing trip, it is an anchor building clinic.

DATE: OCTOBER 5-8
DAY 1 & 2 - 6:00 P.M. - 9:00 P.M.
DAY 3 & 4 - 9:00 A.M. - 5:00 P.M.
REGISTER BY: SESSIONS 1 & 2 NOON. DAY OF. SESSIONS 3 & 4 BY NOON ON FRIDAY, OCTOBER 6.
Meet: Session 1&2 - UMD North Shore Wall, Session 3&4 - RSOP Trailhead Transportation 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&4 - $15 UMD Students/$45 Others
Prerequisite: Session 1 for 2, 2 for 3, 3 for 4 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.

DATE: OCTOBER 20-21
DAY 1 - 6:00 P.M. - 9:00 P.M.
DAY 2 - 9:00 A.M. - 5:00 P.M.
Register By: Noon on Friday, October 20 for both sessions
Meet: RSOP Trailhead Transportation: 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.

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, SUNDAY, SEPTEMBER 17
Register By: Noon, Friday, September 15
Meet: RSOP Trailhead Transportation Provided. Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $20 UMD Students/$60 Others
Prerequisite: None

FALL COLOR HIKE AND RAPPEL AT ELY’S PEAK
Get outside and enjoy the fall colors and the scenic vistas of the St. Louis River Valley. Hike to the summit of Ely’s Peak along the Superior Hiking Trail, explore a 300 foot tunnel, then rappel down a steep cliff face to its base. All equipment is provided, no experience necessary.

1-5PM, SUNDAY, OCTOBER 8
Register By: Noon on Friday, October 6
Meet: RSOP Trailhead Transportation Provided. Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $10 UMD Students/$30 Others
Prerequisite: None

QUARRY PARK ADVENTURE
1000 feet wide and 100 feet tall. Explore Duluth’s newest city park with a designated ice and mixed climbing area, hiking trails and disc golf course. Discover the many facets of this new city park! Bring your Frisbee Golf Discs or use the free sets from the rental center!

9-5PM SATURDAY, OCTOBER 14
Register By: Noon on Friday, October 13
Meeting Location: North Shore Wall Transportation: Provided. Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $10 UMD Students/$20 Others
Prerequisites: None
**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, SEPTEMBER 1, 2PM**
**RETURN: SUNDAY, SEPTEMBER 3, 6PM**

Register By: Noon, Aug 30 @ RSOP Office

We Provide: Group gear, food, transportation, instruction

You Provide: Personal camping gear

Meet: At the “Trailhead” Sports and Health Center Lobby

Cost: $15 Pass and/or Club Membership to develop your skills in the pool. When you get both you double your pool training time on Thursdays 8-10pm. Get outside and expand your skills while exploring local lakes and rivers on the weekends.

**INTERMEDIATE TO ADVANCED LEVEL POOL TRAINING SESSIONS & TRIPS**

**DAY TRIPS**

Day trips are FREE for UMD Kayak & Canoe Club Members and Pass Holders who complete the skills check listed for the trip. Registration occurs at the UMD Pool on Thursdays.

**THURSDAY POOL SESSIONS FOR KAYAK & CANOE PASS HOLDERS FROM 8-10PM**

SEPT 14,28  OCT 12 NOV 9 DEC 7 JAN 18 FEB 1,15 MARCH 1,15,29 APRIL 12,26

We provide: 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.

You provide: Swimsuit, Towel

Meet: SpHC Pool

Cost: Kayak & Canoe Passes are $30 UMD Students/ $70 Others

**ST. LOUIS RIVER DAY TRIPS**

We 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 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.

**PASS HOLDER TRIP**

SATURDAY OCTOBER 7, 10AM – 6PM

**CLUB MEMBER TRIP**

SUNDAY OCTOBER 8, 10AM – 6PM

Register by: October 5th pool session. You decide to get one after the trip. The $15 fee can be applied to your Pass if you decide to get one after the trip.

**INTRODUCTORY TRIP 105010**

This tour begins at our Boat Shed on Minnesota Avenue. Experience a working harbor as we paddle alongside visiting ships from around the world enroute to the 700 foot William A. Irvin ore boat.

**WEDNESDAY, SEP 13, 4:30-7:30PM**

Register By: Noon, Sep 11 @ RSOP Office

We provide: Padding gear, transportation, instruction.

You provide: Clothes and shoes to get wet, water bottle, snack.

Meet: RSOP Trailhead in the SpHC Lobby

Cost: FREE for Kayak & Canoe Pass Holders & Club Members, $15 for others.

The $15 fee can be applied to your Pass if you decide to get one after the trip.

**SPRING THAW LAKE SUPERIOR**

Join us for a great afternoon of paddling through ice flows as the big lake begins to break up for summer. You must pass the beginner level skills check in the UMD Pool with Kayak & Canoe Club Officers or the Pass Holder Session Instructors before the trip.

**SATURDAY, APR 7, 1-5 PM**

Register by: April 5th pool session.

Meet: At the UMD Pool/Tennis Court

**MIDWAY RIVER**

We will put in at the Midway River (Class I- II+) for an amazing day of introductory river skills with friendly trained instructors. 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 8, 10 AM – 6 PM**

Register by: April 5th pool session.

Meet: At the UMD Pool/Tennis Court

**KNIFE RIVER**

This will be the feature white water day trip of the year. You will be able to develop your white water skills while paddling 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 14, 10AM – 6 PM**

Register by: April 12th pool session.

Meet: At the UMD Pool/Tennis Court

**KAYAK & SUP SPRING RENDEZVOUS WEEKEND TRIP 205009**

Kayakers join forces with students from the Surf/SUP Pass holders to develop new paddling skills and friendships. Over the weekend we will paddle on Lake Superior and on the river. Our goal is to share our paddling knowledge with each other and explore the best local paddling areas. Intermediate skills are required.

**SATURDAY & SUNDAY, APRIL 21-22**

Cost: $30, for UMD Kayak & Canoe Pass or Surf Pass Holders only, sign up at the April 12th pool session & RSOP Office.
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!

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, chillin, grillin, 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 9, 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: $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.

TRAINING SESSIONS FOR SURF & SUP PASS HOLDERS
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. 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, surf and stand-up paddle board outings occur from late September through November, then the kite action heats up in December and runs through March. If conditions allow we can do some surfing in early May during the Kayak & SUP Rendezvous Weekend Trip.

The Annual Surf & SUP Pass is $45 if you are a UMD Student and $115 for Others. Memberships are limited to the first 40 students and 10 non-students registered.

SURFING FACTS: DID YOU KNOW THAT....
When the wind blows over Lake Superior from the Northeast, Duluth becomes a legitimate surf town. Park Point, Lester River and Stony Point are local hot spots that draw surfers into the cold water to ride fresh water waves. We have the surfboards, the wetsuits and the enthusiasm to get you involved with surfing in the Duluth area and beyond!
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 8, 22, 29 OCTOBER 6, 13
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 12,19,26 OCTOBER 3, 10
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

INTERMEDIATE TO ADVANCED LEVEL SURF & SUP TRAINING TRIPS
Weekend and Break Trips are available to Surf & SUP Pass Holders who are ready for more challenging conditions and can dedicate more time to the search for the perfect wave. These trips are scheduled although it remains unknown if nature will cooperate or if the pass holders will be ready for the trip. You have to plan ahead and participate in the local training sessions to establish your skills and get the invite. See trip packets for full details.

RIVER WAVE RIDING IN CANADA: STAND UP PADDLEBOARD, SURFBOARD & WHITEWATER KAYAK 105017
September 15-17, 2017
The Winnipeg River at Sturgeon Falls offers large glassy wave 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. Cost $90 UMD Students Only.

SOUTH SHORE LAKE SUPERIOR SURF, SUP & LONGBOARD SKATEBOARD TRAINING TRIP 105018
October 26-29, 2017
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 closest to our surf spot. Cost $120 UMD Students Only.

SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP 108002
Spring Break, 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
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 kiting 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 Sem & 205100 Spring Sem
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, kite launching, how to fly precision patterns, de-powering the kite for landing and harness use. 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 7, 21 & JANUARY 23**
**FRIDAY, NOON–2PM**
**NOV 10, 17 & JAN 19**

We Provide: Kites, Harness, Instruction
You Provide: Pants that can get grass stained, 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 10mph 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 9**

**RIP ACROSS ISLAND LAKE**
**SATURDAY 11AM–5PM JANUARY 20, FEBRUARY 10**

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.

PRIVATE SNOW KITING INSTRUCTION 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.

BOULDER & WHITEFACE RESERVOIR SNOW KITE TRAINING TRIP BASED OUT OF THE BOULDER LAKE ELC 108003
**JANUARY 5-7, 2018**
Cost: $30 UMD Students $ Others
*MUST BE A SNOW KITE PASS HOLDER TO PARTICIPATE. See Randy for trip packet with full details.

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 kiting skills are very useful for those who wish to pursue kiting on the water. Come on out and join the fun!
EQUIPMENT RENTAL CENTER 154 SPHC
MONDAY: 9AM–6PM
TUESDAY–THURSDAY: 11AM–6PM
FRIDAY: 11AM–7PM

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)
Kayaks (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 18-22, 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. Rent gear any day, from Jan 2-9 for 30% off of regular rate.

BIKE REPAIR MONDAYS
Bring in your bike and learn how to fix it. Mondays 6-7:30pm, Sep 11-25
• Lube, flat repairs & adjustments
• You help and learn
• Minimal charges

RENTAL ITEMS & LIST PRICES (LP)
UMD STUDENTS GET 10% DISCOUNT ON ALL EQUIPMENT

TENTS & SHELTERS

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person tent (Eureka)</td>
<td>6.5</td>
</tr>
<tr>
<td>2 person tent (Marmot)</td>
<td>8</td>
</tr>
<tr>
<td>3 person tent (Marmot)</td>
<td>9.5</td>
</tr>
<tr>
<td>4 person tent (Marmot)</td>
<td>12</td>
</tr>
<tr>
<td>Rain Tarp</td>
<td>4</td>
</tr>
<tr>
<td>Hammock</td>
<td>7</td>
</tr>
</tbody>
</table>

STOVE/COOKING GEAR

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Burner Stove (Coleman)</td>
<td>4</td>
</tr>
<tr>
<td>1 Burner Stove (Coleman)</td>
<td>3.5</td>
</tr>
<tr>
<td>Isobutane Stove (Optimus Vega)</td>
<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</td>
<td>.50</td>
</tr>
<tr>
<td>White Gas Fuel 22oz or 32oz</td>
<td>3/4</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>

FISHING

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spin Casting Rod/Reel Combo (Collapsible)</td>
<td>2</td>
</tr>
<tr>
<td>Chest Waders</td>
<td>4</td>
</tr>
<tr>
<td>Smelting Net</td>
<td>5</td>
</tr>
</tbody>
</table>

PACKS

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>

SLEEPING BAGS

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>

WINTER GEAR

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>Pulk 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>

SPORT EQUIPMENT

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>

MISCELLANEOUS

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slackline Kit</td>
<td>4</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>LED Lantern (Crank)</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>

CLIMBING INDOOR/OUTDOOR

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock 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>

CANOES (May 16-Oct 31) Includes 2 paddles, 2 pfd’s and tie down kit

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>

SEA KAYAKS (May 16-Oct 5) wetsuit, skirt, paddle, pfd, pump, paddle float, tie down kit

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Kayak</td>
<td>40</td>
</tr>
<tr>
<td>Tandem Kayak</td>
<td>65</td>
</tr>
</tbody>
</table>

RECREATIONAL KAYAKS

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Recreational Kayak</td>
<td>18</td>
</tr>
</tbody>
</table>

STAND UP PADDLEBOARD (May 16-Oct 5)

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board, Paddle, PFD, Wetsuit, Tie Down Kit, Leash</td>
<td>30</td>
</tr>
</tbody>
</table>

TRANSPORTATION

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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>Fender Blender Bike (organized groups only)</td>
<td>20</td>
</tr>
</tbody>
</table>

CLOTHING

<table>
<thead>
<tr>
<th>LP</th>
<th>SPHC</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, Padding Jacket pkg.</td>
<td>9</td>
</tr>
<tr>
<td>Wetsuit</td>
<td>6</td>
</tr>
</tbody>
</table>