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
Being a part of UMD Sport Clubs has done great things for UMD Men’s Lacrosse. The sport club system allows us to practice frequently, travel on a national level, and host events or games to better our organization. Because there is not an active presence of NCAA Lacrosse in the Midwest, many Universities hold their sole lacrosse team in the club program. Luckily for UMD students, the sport club program provides the team with the resources to be a part of an exemplary club. This past year the team traveled to North Dakota, Tennessee, Michigan, and Utah throughout the spring season during league play. The team even got to scrimmage some NCAA division II opponents in Missouri during the fall. While almost all of these competitions ended successfully, none of the trips could have happened without Sport Club staff.

UMD Men’s Lacrosse has helped high school lacrosse players gain more interest in UMD, and has brought in transfers from NCAA schools. Some of this can be credited to the current and past success of the Bulldogs team. In the past 25 years, UMD has won 19 Upper Midwest Lacrosse Conference championships and has made the National Tournament the last four consecutive years. Most of these successful seasons have been thanks to strong alumni tradition, coaching, and the unmatched camaraderie of our club members. The team is built on tradition, some of these traditions have been in place since the team was founded in 1990. While the coaches remain influential figures, a lot of responsibility remains on the players. The players hold each other accountable, and make sure throughout the year that they are working to achieve their goals as lacrosse players and individual students. It surely seems that the strong tradition of UMD Lacrosse will carry on for many years.

“Playing lacrosse at UMD has given me a chance to keep playing the game I love, but more importantly, it has provided me with my best friends and teammates who I will have a special bond with for life”

-Colin Joyce
<table>
<thead>
<tr>
<th><strong>MAIN OFFICE</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>153 SpHC</td>
<td>Mon–Thr</td>
<td>8:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>8:00am–4:00pm</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>RECREATION CENTER</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon–Thr</td>
<td>6:00am–11:45pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>6:00am–8:45pm</td>
</tr>
<tr>
<td></td>
<td>Sat, Sun</td>
<td>9:00am–8:45pm</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th><strong>AUXILIARY GYM (SPHC 150A)</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M/W/F</td>
<td>11:00am–12:00am</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>9:15am–5:45pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>12:15pm–8:45pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ROMANO GYM (SPHC 150)</strong>*</th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fri</td>
<td>6:00pm–8:45pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>9:15am–5:45pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>12:15pm–8:45pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th><strong>POOL</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap/Open Swim*</td>
<td>M/W/Th/F</td>
<td>2:30pm–3:30pm</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>Tue/Th</td>
<td>6:00-8:00am</td>
</tr>
<tr>
<td>M/W/Th/F</td>
<td>Tue</td>
<td>11:00am–1:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>1:30–3:00pm</td>
<td></td>
</tr>
<tr>
<td>Open Swim</td>
<td>Sat</td>
<td>12:00–1:30pm</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th><strong>FREE BOULDERING</strong></th>
<th>DAY</th>
<th>HOURS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Mon–Thr</td>
<td>6:00am–4:00pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>6:00am–3:00pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>9:00am–3:00pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>9:00am–8:45pm</td>
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</table>

<table>
<thead>
<tr>
<th><strong>NORTH SHORE WALL</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon–Thr</td>
<td>4:00pm–9:00pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>3:00pm–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>3:00pm–6:00pm</td>
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</table>

<table>
<thead>
<tr>
<th><strong>INTRAMURAL OFFICE</strong></th>
<th>(SpHC 199)</th>
<th>DAY</th>
<th>HOURS</th>
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</thead>
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<tr>
<td></td>
<td>Mon–Thr</td>
<td>5:00pm–11:45pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>3:00pm–8:45pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RENTAL CENTER (154 SPHC)</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon</td>
<td>9:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Aug 26 - Nov 4</td>
<td>Tue–Fri</td>
</tr>
<tr>
<td></td>
<td>Nov 5 - Dec 6</td>
<td>Fri</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ICE RINK</strong></th>
<th>DAY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Skate Nov 5** - Dec 13</td>
<td>Mon - Sat</td>
<td>11:30am - 1:30pm</td>
</tr>
<tr>
<td>Open Skate Nov 5 ** - Dec 13</td>
<td>Fri</td>
<td>6:30 - 8:00pm</td>
</tr>
</tbody>
</table>

*** pending construction schedule

<table>
<thead>
<tr>
<th><strong>CAMPGROUND</strong></th>
<th>OPEN DAILY</th>
</tr>
</thead>
</table>
| Park & walk-in access is available May 24-August 25, 2020. Backpack thru-hiker access is available at any time.

**SCHEDULE DOES NOT APPLY DURING FALL BREAK (OCT 24-27) OR THANKSGIVING BREAK (NOV 28-29). SCHEDULES FOR FALL BREAK AND THANKSGIVING BREAK WILL BE POSTED AT A LATER DATE.**

**FACILITIES WILL BE CLOSED ON SEPT 2, NOV 28 & 29.**

**SCHEDULE CHANGES ARE COMMUNICATED ON OUR WEBSITE AS WELL AS VIA SOCIAL MEDIA**

**PATRONS MUST CARRY THE APPROPRIATE PASS AT ALL TIMES.**
HOW TO REGISTER & RECEIVE INFO

In Person
Stop in 153 Sports and Health Center
Monday–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 voice-mail, please leave a detailed message about what you need and how/when to contact you during business hours.

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

GETTING A MEMBERSHIP

Full-time UMD Students
Upon presenting a U-Card, currently enrolled, 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
Parking is free from May 11 - August 25 in Pay-Lot G which is accessed from St. Marie Street by turning onto University Drive. 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! Students who pay the Student Service Fee receive discounted pricing reflective of the financial support we receive from those students through the fee.

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 except during the summer.

YOUTH
Youth may participate in numerous RSOP offerings including the American Red Cross “Learn to Swim” Program, North Shore Swim Club, KIDSROCK Summer 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. 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.

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 a disability accommodation please contact the Main Office before your visit: 218-726-7128.

umdrsop.org 218.726.7128
MEMBERSHIP
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</td>
<td>$95</td>
<td>$65</td>
<td>$216</td>
</tr>
<tr>
<td>over</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents Under</td>
<td>$70</td>
<td>$50</td>
<td>$130</td>
</tr>
<tr>
<td>16 and over</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Affiliates</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.
••• Must be accompanied by a pass-holding parent or guardian.
•••• UMD employees with less than 50% appointment, med school adjunct, religious advisors, etc.

Guest Pass: $8 per day
Conference Pass: $30 per week available to organized on-campus conferences.
Faculty/Staff one month pass: 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 21: $38 Students/$50 Faculty & Staff/$90 Community

A WORD ABOUT PRICING
Full-time UMD students who pay the Student Service Fee, and part time UMD students who purchase a Membership, receive the discounted rate of “UMD Student Members”. Everybody else pays the rate of “Others”. The price difference 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 post-season 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 Supervisor at 218-726-7648.
## INTRAMURAL SPORTS FALL 2019 SCHEDULE

<table>
<thead>
<tr>
<th>SEPTEMBER 4 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>$85</td>
<td>September 6, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td>Flag Football</td>
<td>$85</td>
<td>September 6, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$75</td>
<td>September 6, 6:30pm, SpHC 39</td>
</tr>
<tr>
<td>Softball</td>
<td>$75</td>
<td>September 6, 7:15pm, SpHC 39</td>
</tr>
<tr>
<td>Ultimate</td>
<td>$65</td>
<td>September 6, 8:00pm, SpHC 39</td>
</tr>
<tr>
<td>Kickball</td>
<td>$75</td>
<td>September 6, 8:45pm, SpHC 39</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEPTEMBER 12 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>$50</td>
<td>September 12, 9:00pm, Bowling Alley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OCTOBER 22 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spikeball</td>
<td>$35</td>
<td>October 23, 5:00pm, SpHC 39</td>
</tr>
<tr>
<td>Bag Toss</td>
<td>$35</td>
<td>October 23, 5:45pm, SpHC 39</td>
</tr>
<tr>
<td>3 on 3 Basketball</td>
<td>$75</td>
<td>October 23, 6:00pm, SpHC 39</td>
</tr>
<tr>
<td>CoRec Basketball</td>
<td>$45</td>
<td>October 23, 6:45pm, SpHC 39</td>
</tr>
<tr>
<td>4 on 4 Volleyball</td>
<td>$70</td>
<td>October 23, 7:30pm, SpHC 39</td>
</tr>
<tr>
<td>Curling</td>
<td>$45</td>
<td>October 23, 8:15pm, SpHC 39</td>
</tr>
<tr>
<td>Broomball</td>
<td></td>
<td>To Be Determined</td>
</tr>
<tr>
<td>Hockey</td>
<td></td>
<td>Rink construction will determine start date</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 a variety of classes: yoga, strength, spinning, pilates, Zumba, HITT, and Barre to name a few. 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 3 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
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.

LADIES WHO LIFT
Designed for women who want to learn or perfect their weight training technique. Held in our private personal training studio, this is the perfect chance to learn lifting basics in a comfortable, supportive environment. Come to one session or several!
TUESDAYS, 7-8PM, SEP 3-DEC 3
Meet: SpHC 33 (Basement)
Cost: FREE!

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, OCTOBER 6
10AM RACE TIME, 9AM CHECK-IN
Cost: $15 UMD Student Members/$20 Others
Register: 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, OCTOBER 26, 9:30-11:30AM
Meet: Gold Room, SPHC 33
Cost: $10 UMD Students/$15 Others

GSX (GROUP STRENGTH EXPRESS)
This 8 week class will target full body strength and endurance, core training and flexibility. Proper form and body mechanics will be taught by our certified personal trainers. Limit of 8 participants per session to ensure individualized attention in a small group setting.
75 Wellness Points for UPlan members.
M/W 12-12:45PM OR 4-4:45PM, OCTOBER 7 - NOVEMBER 27
Meet: SpHC 33 (lower level)
Cost: $109

YOGA 101
This 8 week program is aimed to help individuals feel comfortable starting a new yoga practice or to deepen an existing practice. The discipline of yoga promotes personal growth, physical health, and overall well-being by strengthening the connection between breath, body and mind. Limit of 20 participants.
75 Wellness Points for UPlan members.
M/W 12PM, OCTOBER 7 - NOVEMBER 7
Meet: SpHC 135
Cost: $109
AQUATICS

OPEN WATER SCUBA COURSE
Cost: $150, includes the following
- Four, 3-hr class/pool sessions
- Text material and scuba gear
- Covers the basic of Scuba Diving
Meets Sundays 3-6pm @ the UMD pool
- Session 1: Sep 22, 29, Oct 6, 13
- Session 2: Oct 20, 27, Nov 3, 10
- Session 3: Nov 17, 24, Dec 8, 15

POOL CLOSURES & SCHEDULE CHANGES
Sep 2: Pool closed (Labor Day)
Oct 24-26: Pool closed (Fall Break)
Nov 28-30: Pool closed (Holiday)
Dec 9-13: Lap Swim only, 12:00-1:30pm
Dec 14-Jan 1: Pool closed
Jan 2-3, 6-10: Lap Swim, 11am-1:30pm
Jan 11-14: Pool closed
Jan 15: First day of Spring Semester

Pool closure dates may not apply to the North Shore Swim Clubs practice schedule. Refer to the NSSC link on our website for updated practice schedule information.
Please check the pool schedule monthly wall calendar when entering the pool for schedule updates and changes.
Pool schedule updates are also posted on our website (umdrsop.org).

Elmer Engman: Professional Association of Diving Instructors, Scuba Educators, Intl., Public Safety Diver Association, is the course instructor.

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 2020 Scuba Trips to St. Croix and St. Lucia, Virgin Islands with Viking Diver go to www.vikingdiver.com

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

LAP AND OPEN SWIM SCHEDULE FALL 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim 11:00am-2:30pm</td>
<td>Lap Swim 11:00am-2:30pm</td>
<td>Lap Swim 11:00am-2:30pm</td>
<td>Lap Swim 11:00am-2:30pm</td>
<td>Open Swim* 12:00-1:30pm</td>
<td></td>
</tr>
<tr>
<td>Lap/Open Swim 2:30-3:30pm</td>
<td>Lap/Open Swim 2:30-3:30pm</td>
<td>Lap/Open Swim 2:30-3:30pm</td>
<td>Lap/Open Swim 2:30-3:30pm</td>
<td>Lap Swim 1:30-3:00pm</td>
<td></td>
</tr>
</tbody>
</table>

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.
1-20 Patrons $55/hr 2 Guards
21-35 Patrons $65/hr 3 Guards
36-50 Patrons $85/hr 4 Guards
51-75 Patrons $110/hr 5 Guards
Contact Gregg Batinic at 218-726-6295, gbatinic@d.umn.edu to reserve the pool.

Elmer Engman: Professional Association of Diving Instructors, Scuba Educators, Intl., Public Safety Diver Association, is the course instructor.

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

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

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# AQUATICS

## 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

## PARENT CHILD, PRE-SCHOOL & LEARN-TO-SWIM FALL 2019

<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 4-25</td>
<td>7</td>
<td>$61.25</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>T/Th</td>
<td>Sep 3-26</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Sat</td>
<td>Sep 7 - Nov 16</td>
<td>10</td>
<td>$87.50</td>
<td>No lesson Oct 26</td>
</tr>
<tr>
<td>Session 2</td>
<td>M/W</td>
<td>Sep 30-Oct 23</td>
<td>7</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>T/Th</td>
<td>Oct 1-22</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>M/W</td>
<td>Oct 28 - Nov 20</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>T/Th</td>
<td>Oct 29 - Nov 21</td>
<td>8</td>
<td>$70</td>
<td></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 & LEVELS

<table>
<thead>
<tr>
<th>TIMES</th>
<th>LEVELS</th>
</tr>
</thead>
<tbody>
<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>
</tr>
</tbody>
</table>

### SATURDAY CLASS TIMES AND LEVELS

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

Parent Child (PC), Pre-School (PS), Learn-To-Swim (L)

## NORTH SHORE SWIM CLUB PRE-TEAM LEVELS 4, 5, 6 FALL 2019

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAYS</th>
<th>CLASS DATES</th>
<th>LESSONS</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>M-TH</td>
<td>Sep 3-26</td>
<td>15</td>
<td>L4-$120, L5-$135, L6-$135</td>
</tr>
<tr>
<td>Session 2</td>
<td>M-TH</td>
<td>Sep 30-Nov 31</td>
<td>19</td>
<td>L4-$152, L5-$171, L6-$171 (No lesson Oct 24)</td>
</tr>
<tr>
<td>Session 3</td>
<td>M-TH</td>
<td>Nov 4-21</td>
<td>12</td>
<td>L4-$96, L5-$108, L6-$108</td>
</tr>
</tbody>
</table>

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@umn.edu

### CLASS TIMES AND LEVELS

<table>
<thead>
<tr>
<th>TIMES</th>
<th>LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-5:30pm</td>
<td>Level 4</td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td>Level 5</td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td>Level 6</td>
</tr>
</tbody>
</table>

## REGISTRATION DEADLINE

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 three 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 and day or a credit towards a future session of lessons.

umdrsoap.org  218.726.7128
FREE PARKING AFTER 5PM IN THE PAY LOT ON THE CORNER OF ST. MARIE STREET AND UNIVERSITY DRIVE!

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) ½ 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 Emma Wallow.

Email: wallo010@d.umn.edu • Office Phone: 218-726-6516

ADAPTIVE PRIVATE SWIM LESSONS
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 curriculum based on your child’s abilities. For more information and to register please contact our Adaptive Aquatics Specialist, Sommer Heikkila: heikk110@d.umn.edu
NORTH SHORE SWIM CLUB

SHORT COURSE SEASON (FALL/WINTER)
SEPTEMBER 3 - MARCH 14
- 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 4 - May 8
Meets: Monday, Wednesday and Friday 6:30-8am
Cost: $180 per session
KIDS NIGHT IN
Summer camp might be over, but the fun continues! Kids ages 5-12 will enjoy a jam-packed evening of games, arts and crafts, movies and popcorn with the UMD KIDSROCK camp staff. Event registration is limited to 32 children so sign up early. A meal is provided.
THIRD WEDNESDAY OF THE MONTH, 5-9PM (SEP 18, OCT 16, NOV 20)
Cost: $20 each

FALL FESTIVAL
Looking for a place for your kids October 17-18? We have you covered! On Thursday and Friday of MEA week we will open our doors for day-camp. Children ages 5-12 will enjoy Fall themed games and crafts with UMD KIDSROCK camp staff. Event registration is limited to 32 children so sign up early.
OCTOBER 17-18, 7:30AM-5:30PM
Cost: $60 per child before October 3 / $75 per child after October 3

YOUTH ROCK CLIMBING TEAM
Come and join our UMD Youth Climbing team. Children ages 7-14 have the opportunity to be a part of a team, acquire some climbing skills and put them to use at a friendly competition against peers. Includes 6 weeks of practice, entry into the climbing competition, a team t-shirt, and a 5-time punch pass to UMD Open Climb times.
PRACTICE: SEP 21, 28, OCT 5, 12, 19, NOV 2, 10AM-NOON
COMPETITION: NOVEMBER 9
Cost: $150
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: TUE, SEP 3, 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.

**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 2 (LABOR DAY) 5-7PM - STOP BY ANYTIME**
Meet: Bagley Nature Area Classroom (if you need directions go to www.d.umn.edu/maps)
Cost: FREE! Just show up!

**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!

**SATURDAY, SEPTEMBER 7 AND SATURDAY, SEPTEMBER 14, 11AM-1PM**
We Provide: Leaders, canoes and accessories
You Provide: Dress for the weather
Meet: Rock Pond in Bagley Nature Area
Cost: Free! Just show up!

**SHT DAY HIKE**
Join us for a day hike along the beautiful Superior Hiking Trail! We’ll be driving up the North Shore to do a lovely day hike, roughly 6-8 miles at a manageable pace. This trail is one of the best anywhere. Join us for spectacular views, new friends, and active exploration.

**SUNDAY, SEPTEMBER 8, 9AM-5PM**
Register by Noon September 6
We Provide: Transportation, leaders
You Provide: Bag lunch, proper clothing, hiking footwear, water bottle
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $10 UMD Student Members/$18 Others

**MOUNTAIN BIKE MISSION CREEK**
Duluth Is one of only 6 gold level mountain bike ride centers in the world! Join us as we explore the flowing Mission Creek trail system. Bikes and helmets are available for rent at the Rental Center. Become a part of Duluth’s growing mountain biking community. All skill levels welcome.

**TUESDAY, SEPTEMBER 10, 4-7PM**
Register By: Noon, September 9
We Provide: Instruction/leaders and transportation,
You Provide: Water Bottle, and Clothing for the weather.
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $6 UMD Student Members/$12 Others

**WILD YOGA**
Join us for both a mental and physical release out in the woods. After our yoga session we will have tea.

**WEDNESDAY SEPTEMBER 11, 10-11AM**
Register by Noon September 10
OUTDOOR ACTIVITIES

We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, and bag lunch
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $10 UMD Student Members/$22 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 Duluth Traverse. This trail will be over 100 miles when it is finished and our plan is to finish as much 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.
SATURDAY SEPTEMBER 28, 10AM-4PM
Register by: Noon on Friday September 27
We Provide: Instruction, Bikes, Helmets, Bike pumps, and transportation,
You Provide: Water Bottle, and Clothing for the weather.
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $10 UMD Student Members/$22 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@d.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.

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!
TUESDAY SEPTEMBER 17, 10AM-12PM
Register By: Noon on September 16
We Provide: Instruction, binoculars and transportation
You Provide: Dress for the weather, snacks and water. Bring binoculars, if you have them.
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $3 UMD Student Members/$6 Others

LUMBER JACK/JILL
You know you want to wear a dress, eat pancakes, and act like a woods-person. Sign up with a few friends (4 people per team) to compete against others. 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 outfit, and come join in on the fun!
TUESDAY, SEPTEMBER 24, 5-7PM
Register By: Noon, September 23
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 and our partners from the UMD Office of Sustainability for the annual “Alliance for the Great Lakes” beach sweep and barbecue to help keep one of our spots on the grandest of the Great Lakes free from trash and litter. We provide trash bags and gloves.
THURSDAY, SEPTEMBER 19, 5-6:30PM
Register By: September 19th, 12pm
Meet: UMD Boat Shed
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 part series, and find hidden wonders around Duluth and also up the northshore.
MONDAY, SEPTEMBER 23 AND MONDAY, SEPTEMBER 30, 4-6PM
Register by: September 23 or 30 by 12pm
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food & money (for restaurants or snacks).
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $3 UMD Student Members/$6 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.
SUNDAY SEPTEMBER 22, 10AM-4PM
Register by: Friday, September 19 at Noon
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, and bag lunch
Meet: Bagley Nature Area Classroom
Cost: $1 UMD Student Members/$4 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 19, 7-9PM
Meet: Sports and Health Center Room 9
Cost: FREE! Just show up!

We Provide: Yoga Instruction and Tea
You Provide: Yoga Mat or Sleeping Pad
Meet: Bagley Nature Area Classroom
Cost: $1 UMD Student Members/$4 Others

OUTDOOR ACTIVITIES
OUTDOOR ACTIVITIES

30 IN 24
Discover all the wonders of the Superior Hiking Trail in one quick and intense hike. Join us and hike about 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 UMD. 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 5, 4AM-MIDNIGHT
Register By: Noon, October 4
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food & money (for restaurants or snacks).
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $10 UMD Student Members/$22 Others

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.
MONDAY, OCTOBER 7, 5-7PM
Register By: Noon, October 7
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 Student Members/$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 8, 4-7PM
We Provide: Instruction, tools, & Pizza!
You Provide: Gloves, work clothes, water bottle
Meet: Bagley Nature Area Classroom
Cost: FREE!!!

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, 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 4, 11, AND 18, 6-9PM
Register By: Noon, October 28
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 Student Members Only

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 up-cycle it to turn it into the most high fashion pants that your friends will ever see.
TUESDAY, NOVEMBER 12, 5-6:30PM
Register By: Noon, November 12
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 Student Members/ $14 Others

CONSTELLATION HIKE
Come walk amongst the stars. We will hike up to Rock Knob in Hartley Park and look up at the stars. We will explore the stories and the history behind the constellations that mark the Fall Sky.
WEDNESDAY, NOVEMBER 20, 7-9:30PM
Register by: November 20 at Noon
We Provide: Transportation and leaders
You Provide: Proper clothing for the weather, proper footwear, water bottle, food
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $3 UMD Student Members/$7 Others

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!
TUESDAY, NOVEMBER 26, 6-8PM
Register By: Noon, November 26
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 Student Members/$12 Others

WOODEN SPOON MAKING
The word spoon translates to a “chip of wood”. In this course you will learn how to make a wooden eating spoon with green woodworking techniques, all done with hand tools. Tools will be provided but feel free to bring any hook or whittling knife, small hatchets, or gouges.
WEDNESDAY, DECEMBER 4, 6-9PM
Register By: Wednesday, December 4 at Noon
We Provide: Tools and Instruction
You Provide: Any tools you may have
Meet: Bagley Nature Area Classroom
Cost: $4 UMD Student Members/ $8 Others
APOSTLE ISLANDS SEA KAYAKING
We will camp on islands with sand beaches along Lake Superior’s South Shore, stargaze, swim, and hike with new friends. Our experienced leaders will introduce you to equipment, safety and paddling techniques.
DEPART: FRIDAY, AUGUST 30, 2PM
RETURN: SUNDAY, SEPTEMBER 1, 6PM
Register By: Noon, Wednesday, Aug 28
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $78 UMD Student Members Only

PADDLING THE BOUNDARY WATERS CANOE AREA WILDERNESS
We’ll load up our Duluth packs and paddle through the majestic lakes of the BWCA from Sawbill Lake. 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 6, 2PM
RETURN: SUNDAY, SEPTEMBER 8, 6PM
Register By: Noon, September 4
We Provide: Group gear, food, transportation, instruction
You Provide: Personal camping gear
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $79 UMD Student Members/ $125 Others

TRANSITION ODYSSEY
Graduating this year? Challenged by the transitions in college? Relationship changes? This trip is for anyone experiencing life changes. Pause. Breathe. Connect. Move. Reflect. Envision. Let’s honor the work you’ve done, create a fresh start, and prepare for what’s ahead. Join us for this outing that is jointly lead by RSOP and UMD Counseling Services. You will have the support to identify personal strengths and clarify values as a foundation for future success. Enjoy skiing, snowshoeing, and community in a warm, cozy setting. All skill levels welcome.
DEPART: THURSDAY, JANUARY 9, 2PM
RETURN: SUNDAY, JANUARY 12, 4PM
Register By: Noon, January 2, 2020
We Provide: Transportation, lodging, food, activity equipment
You Provide: Personal gear
Cost: To be finalized by Nov 1. See website.

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, OCTOBER 4, 2PM
RETURN: SUNDAY, OCTOBER 6, 6PM
Register By: Noon, October 2
We Provide: Transportation, food, group camping equipment
You Provide: Backpack, and personal camping gear
Meet: “Trailhead” Sports & Health Center Lobby
Cost: $79 UMD Student Members

SPRING BREAK TRIP
CANOEING THE OZARKS
Spring break 2020 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 will pass steep walls of rock over 500 feet high and have some thrills of occasional small rapids. Campsites will be on gravel bars along the river. Side hikes to waterfalls, caves, 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 6, 4PM
RETURN: SUNDAY, MARCH 15, 2PM
Register By: Noon, February 21
We Provide: Group equipment, food, transportation
You Provide: Personal gear
Cost: $512 UMD Student Members/ $795 Others
UMD offers the use of two 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. Custom instruction is available, call for prices.

**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 about 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 an excellent 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**
Monday-Thursday, 4-9pm
Friday & Saturday, 3-6pm
Open hours run from the first week of school through the week before finals; August 26 - December 6 for Fall 2019 Semester.

**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 9-13.

**PRICING**
All passes and sessions purchased include the use of all appropriate climbing equipment for that session.

**Single Session Pass**
$3 UMD Student Members/ $10 Others

**5-Punch Pass**
$10 UMD Student Members/ $30 Others

**Semester Pass***
$30 UMD Student Members/ $90 Others

**Year Pass**
$50 UMD Student members/ $150 Others

*Semester pass discounted half way through the 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.
FREE CLIMBING OPPORTUNITIES

FIRST WEEK FREE
Climbing is FREE during the first week of school, AUGUST 26 - AUGUST 31. 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 where appropriate.

WOMEN ON THE WALL
An event specifically for all female-identifying people! Join us at the Inland Wall, located on the far side of the ice-rink, for some inclusive-ly-focused climbing! Beginners are always welcome. Bring your friends! All equipment and female-identifying instructors will be present.
EVERY WEDNESDAY OF THE SEMESTER, 8-10PM
Register By: No Registration Necessary
Meet: Inland Wall
Cost: Free

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.

WED, SEP 18 & WED, SEP 25, 6-8PM
Register By: No Registration Necessary
Meet: Inland Wall
Cost: Free

SPECIAL EVENTS

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.
SUNDAY, OCTOBER 13, 10:00AM
Register By: No Registrations Necessary
Meet: TBA
Transportation: Not provided, up to participant
Cost: Free

INDOOR DRY TOOLING COMPETITION
Not your usual climbing competition! Start brushing up on your dry tooling and ice climbing techniques now and join us for our annual 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! This event is part of the USA Ice Climbing Series.
SATURDAY, NOVEMBER 23
Register By: Day of registration available
Prerequisite: UMD belay certified (top rope) or equivalent
Cost: $25

HALLOWEEN BOOLDERFEST & 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.
WEDNESDAY, OCTOBER 31, 6-9PM
Register By: 5:30pm, October 31
Meet: North Shore Wall
Cost: $10 UMD Student Members/$20 Others

CLINICS AND TRAININGS

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.
FRIDAYS, SEPTEMBER 6 - OCTOBER 18, 3-5PM
Register By: No Registration Necessary
Meet: UMD Slackline park
Cost: Free

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. Sign up is required.
WEDNESDAY, OCTOBER 10, 6-9PM
Register By: Noon, Wednesday, October 10th
Prerequisite: UMD Belay certified or equivalent
Meet: North Shore Wall
Cost: Free

SPORT LEAD CLINIC
Take your 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. Come back for round 2 which includes outdoor practice! All equipment provided.
INDOOR: THURSDAY, SEP 19, 6-8PM
OUTDOOR: SATURDAY, SEP 28, 9AM-5PM
Register By: INDOOR - Noon, Wed, Sep 18
OUTDOOR: Noon, Friday, Sep 27
Prerequisite: UMD belay certified (top rope) or equivalent
Meet: North Shore Wall
Cost: $5 UMD Student Members/$15 Others
MULTIPITCH CLINIC: 2 DAY SERIES
Day 1: Learn the skills and techniques of climbing more than one pitch of a climb with a partner. Practice how to set up an anchor midway through a climb, pull the rope up, and reset for another full length climb. Then, try your hand at rappelling back to the ground.

Day 2: Practice your new skills outside at Ely’s Peak! Our instructors will be there to walk you through each step along the way!

DAY 1: FRIDAY, OCTOBER 11, 5-8PM
DAY 2: SATURDAY, OCTOBER 12, 9AM-5PM
Register by: Noon, Friday, Oct. 11
Prerequisite: UMD sport lead belay certified
Meet: North Shore Wall
Cost: $5 UMD Students Members/$15 Others

SPORT CLEANING CLINIC
How do you get your gear back once you’ve finished sport climbing for the day? Join us to learn how to clean sport routes!

WEDNESDAY, OCTOBER 16, 5-8PM
Register by: Noon on the day of clinic
Prerequisite: UMD sport lead belay certified
Meet: North Shore Wall
Cost: $5 UMD Student members/$15 Others

CLINIC SERIES: GYM TO CRAG, TOP ROPE ANCHORS

ANCHORS 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 beginning climber looking to become self-sufficient in building your own anchors for top roping, or an experienced gym climber looking to take the first steps to climbing outdoors. No experience necessary, gear is provided, additional personal gear is welcome.

THURSDAY, OCTOBER 17, 6-9PM
Register by: Noon, day of event
Meet: Inland Wall
Cost: $5 UMD Student Members/$15 Others

ANCHORS SESSION 2: INDOOR PRACTICE, CONNECTING 2-4 PIECE ANCHORS
Hands-on practice combining 2, 3 and 4 pieces of protection to create toprope anchors. Safety at the cliff edge and efficiency/timeliness will also be addressed. Gear is provided, additional personal gear welcome.
Prerequisites: Anchors session 1 or equivalent experience placing climbing protection.

FRIDAY, OCTOBER 18, 6-9PM
Register by: Noon, day of event
Meet: Inland Wall
Cost: $5 UMD Student Members/$15 Others

ANCHORS SESSION 3: NATURAL ANCHORS & OUTDOOR PRACTICE
This session puts into play all that is learned in the first two sessions, adding specific detail about natural anchors. Participants will be placing, connecting and setting up simulated and actual top rope climbs. Gear is provided, additional personal gear is welcome.
Prerequisites: Anchors sessions 1 and 2 or equivalent experience.

SATURDAY, OCTOBER 19, 9AM-5PM
Register by: Noon, Friday, October 5
We provide: Transportation from UMD

You provide: warm clothes, lunch, snacks, water/bottle
Meet: The “Trailhead” Sports & Health Center Lobby
Cost: $15 UMD Student Members/$45 Others

ANCHORS SESSION 4: TOP BELAY SETUPS
This final session introduces ideas for belaying from the top of the climb. Getting ready for a fall break climbing trip? This session will cover the basics when transitioning from belaying at the base to belaying at the top of a climb. Held at Shovel Point. This is not a climbing trip, it is an anchors building clinic. Gear is provided, additional personal gear welcome.
Prerequisites: Anchor sessions 1 through 3 or equivalent experience.

SUNDAY, APRIL 20, 9AM-5PM
Register by: Noon, Friday, April 20
Meet: “Trailhead” Sports & Health Center Lobby
We Provide: Transportation from UMD
You Provide: warm clothing, lunch, snacks, water/bottle
Cost: $15 UMD Student Members/$45 Others

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 4, 9AM-5PM
Register by: Noon, Friday, October 3
Meet: The “Trailhead” Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $5 UMD Students/$15 Others
Prerequisite: UMD Belay certified or equivalent.

DRY TOOLING CLINIC
Join one of our dry tooling experts at Casket Quarry to learn the techniques and pro tips of placing a tool in small divots in the rock to pull yourself up the wall! Try your hand at conserving energy and climbing with crampons and climbing boots!

SATURDAY, DECEMBER 7, 9AM-3PM
Register By: Noon, Friday, December 6th
Meet: “Trailhead” Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $5 UMD Student Members/$15 Others
Prerequisite: UMD Belay certified or equivalent.
DESTINATION TRIPS

CLIMB CARLETON PEAK
Enjoy high quality climbing at Carleton peak led by fun instructors. Bring your camera and your sense of adventure for this fun day. Beginners welcome.
SATURDAY, SEPTEMBER 14, 9AM-5PM
Register By: Noon, Friday, September 13
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $15 UMD Student Members/$45 Others
Prerequisite: None

SHOVEL POINT WOMEN’S CLIMB
Calling all female identifying individuals! Enjoy bold and exciting climbing at Shovel Point, Tettegouche State Park. 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 over Lake Superior!
DATE: 9-5PM SUNDAY, SEPTEMBER 23RD
Register By: Noon, Friday, September 15
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $15 UMD Student Members/$45 Others
Prerequisite: None

WOMEN’S BOULDERING AROUND DULUTH
Calling all female identifying individuals! Enjoy a day led by female instructors bouldering around Duluth. Climb technical and fun short climbs ropeless for the thrill of the topout close to the ground! Beginners welcome!
SUNDAY, SEPTEMBER 22
Register By: Noon, Friday, September 20
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $10 UMD Student Members/$30 Others
Prerequisite: None

NORTH SHORE CIRCUIT
Join our experienced guides on an overnight climbing and camping trip up the north shore! Enjoy classic climbs above Lake Superior at Tettegouche State Park and Section 13. Climbing and camping equipment provided!
SATURDAY, SEPTEMBER 28, 9AM
SUNDAY, SEPTEMBER 29, 5PM
Register By: Noon, Friday, September 27
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
You Provide: Layers and athletic clothes to climb in, sleeping bag, jackets, snacks, water
Cost: $59 UMD Student Members/$150 Others
Prerequisite: None

ALPINE MOUNTAIN TRAVEL KNOWLEDGE SERIES
Description: Join our experienced guides to learn about Alpine Mountain traveling. Try your hand at reading guide books, navigation, food prep, packing, LNT principles, and pro tips!
DAY 1: THURSDAY, OCTOBER 3, 9AM-5PM
DAY 2: SUNDAY, OCTOBER 6, 1-7PM
Register By: Noon, Wednesday, October 2
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
You Provide: Hiking boots, pack with warm clothes, water, snacks, and a notebook
Cost: $20 UMD Student Member/$60 Others
Prerequisite: None

CRACK CLIMBING EXPO
Join experienced instructors at Ely’s Peak to learn crack climbing technique and uses. Practice these new skills and have some fun climbing all at once!
SATURDAY, OCTOBER 5, 9-5PM
Register By: Noon, Friday, October 4
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $15 UMD Student Members/$45 Others
Prerequisite: None

RAPPEL AND HIKE AT CASKET QUARRY
Take a hike around the cliffs of Duluth’s historic Casket Quarry. See the beautiful views of the city from above and then learn how to rappel down to the base!
SATURDAY, OCTOBER 5, 9-5PM
Register By: Noon, Friday, October 4
Meet: "Trailhead" Sports & Health Center Lobby
Transportation Provided - Contact 218.726.6257 if you wish to meet the group at the site.
Cost: $10 UMD Student Members/$30 Others
Prerequisite: None
SURF & SUP PASS PROGRAM SUMMARY

Want to get into surfing? Start with a Single Session pool based training or Lester River Boardsport Sampler during the first two weeks of the Semester.

Then get your Entry Level 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!

E-mail invitations are sent out to pass holders prior to storms that produce good surf. We travel to a wide variety of locations to encourage skill development for all. The new Intermediate Level Surf & SUP Pass provides challenging opportunities for UMD surfers who have more experience.

SINGLE SESSION - UMD POOL BASED SURF & SUP TRAINING 105021

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. This is a great chance to meet others interested in surfing, determine if you want to buy an Entry Level Surf & SUP Pass, learn about equipment, risk management and etiquette. Choose from four different pool sessions and apply the fee to your pass if you decide to get one.

TUESDAYS (8:30-10:00PM) AUGUST 27 & SEPTEMBER 3 FRIDAYS (9:00-10:30AM) AUGUST 30 & SEPTEMBER 6

We Provide: Boards, Accessories, Instruction You Provide: Swimsuit, Rash Guard Top, Towel Meet: UMD Sports and Health Center Pool Cost: $8 UMD Student Members / $15 Others

ENTRY LEVEL SURF & SUP PASS - POOL TRAINING, LESTER RIVER SURF SHACK TRAINING AND STORM SURF TRAINING SESSIONS

Meet at the UMD Pool to refine your paddling technique, awareness of board trim, turning skills, ducking waves, pop up 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.

TUESDAYS (9:30-11:00AM) SEPTEMBER 10, 17, 24, OCTOBER 1, 8, 15 FRIDAYS (9:30-11:00AM) SEPTEMBER 20, 27, OCTOBER 4, 11, 18

Meet at the Lester River Surf Shack for 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.

TUESDAYS (5:00-8:00PM) SEPTEMBER 10, 17, 24, OCTOBER 1

We will surf on the wake behind a water-ski boat at Island Lake and utilize surf style stand up paddle boards to broaden your board riding skills. Most importantly you will receive e-mail invitations to roughly six surf sessions whenever the conditions are favorable on Lake Superior. This is also a great chance to meet others interested in surfing, learn about equipment, and how to get equipment.

We Provide: Instruction, boards, wetsuits, SUP paddles You Provide: Swimsuit, rash guard top, towel, warm clothes, hat, snacks, drink and transportation to the designated surfing location Meet: UMD Sports and Health Center Pool or at the Lester River Surf Shack on 60th Ave. E & London Road or at the designated surf break Cost: Entry Level Surf & SUP Pass $65 UMD Student Members / $135 Others. This pass is limited to the first 20 UMD Student Members and 4 Others registered. Pass sales begin at 8:00am on Tuesday, September 3.

INTERMEDIATE LEVEL SURF & SUP PASS

Available for UMD Students who complete our surfing knowledge and skills assessment (see Surf & SUP Info Sheet on our website for details). This opens up more challenging November and December surfing, river wave surfing and the Island Lake foil surf training weekend on October 12-13.

Cost: $45 UMD Student Members only

umdrsop.org 218.726.7128
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!
KAYAK & CANOE

PROGRAM SUMMARY

Join roster at April 30th pool session.

SATURDAY, MAY 2, 10 AM – 6 PM
BAPTISM OR MONTREAL RIVER TRIP

Join roster at April 16th pool session.

SUNDAY, APR 26, 10 AM – 6 PM
Class II-III+ rapids.
KNIFE RIVER

Join roster at April 23 pool session.

SUNDAY, MAY 3, 10 AM – 6 PM
Class I-II rapids.
ST. LOUIS RIVER DAY TRIP

These Spring outings are included with a Kayak & Canoe Annual Pass! Beginner or intermediate level day trips are included with the pass.

SEPT 5, 19, 26, OCT 3, 10, 17, 31, NOV 14, 21 JAN 23, FEB 6, 20, MARCH 5, 19, APRIL 2, 16, 30
You provide: Swimsuit, Towel
Annual: $90, Spring Sem: $60, Pool Only $45

ST. LOUIS RIVER TRIP

Class II-III+ rapids.

SUNDAY, APRIL 18, 1–5 PM
Join roster at April 16th pool session.

ST. LOUIS RIVER TRIP

(UMD Student and Other Members)  Class I-II rapids.

SUNDAY, MAY 3, 10AM–6PM
Join roster at April 16th pool session.

KAYAK & CANOE PASS

FOR UMD STUDENT MEMBERS

THURSDAY, 8-10PM POOL SESSIONS AND DAY TRIPS [KAYAK & CANOE PASS]

Instruction and practice time with kayaks and canoes to prepare you for beginner and intermediate level day trips that are included with the pass.

SEPT 5, 12, 19, 26, OCT 3, 10, 17, 31, NOV 14, 21 JAN 23, FEB 6, 20, MARCH 5, 19, APRIL 2, 16, 30
You provide: Swimsuit, Towel
Annual: $90, Spring Sem: $60, Pool Only $45

SEA KAYAK NIGHT IN THE HARBOR

Witness the stunning last rays of the fall day glistening on the water. Join us for a sundown kayak tour on the Duluth Waterfront!

THURSDAY, SEPTEMBER 26, 6-8PM
Join roster at Sep19 pool session.

Cost: $10 UMD Student Members Only

ST. LOUIS RIVER DAY TRIP

Paddle class I-II rapids based out of the UMD Outpost. You must pass the beginner level skills check in UMD Pool.

SUNDAY OCTOBER 6, 10 AM – 7 PM
Meet: Trailhead SpHC Lobby
Return: SUNDAY, SEPTEMBER 1, 6PM
Register By: Noon, Aug 28, RSOP Office
COST: FREE (Sponsored by UMD’s Access for All and Courage Kenny)

SEPT 5, 19, 26, OCT 3, 10, 17, 31, NOV 14, 21 JAN 23, FEB 6, 20, MARCH 5, 19, APRIL 2, 16, 30
You provide: Swimsuit, Towel
Annual: $90, Spring Sem: $60, Pool Only $45

ACCESSIBLE KAYAK TOUR OF THE DULUTH HARBOR

Do you want to kayak and feel you need accommodations? We will work together with you to identify the accommodations you may need related to any disabilities or conditions impacting your ability to be a part of this activity in the Duluth Harbor.

SATURDAY, OCTOBER 12, 1,30–5,30PM
Inclement weather date:
Sunday, October 13, 1:30 – 5:30pm
Meet: Trailhead SpHC Lobby
COST: FREE (Sponsored by UMD’s Access for All and Courage Kenny)

KAYAK & CANOE PASS

FOR OTHERS

THURSDAY, 8-10PM POOL SESSIONS AND DAY TRIPS [KAYAK & CANOE PASS]

A progression of instruction with various types of watercraft to prepare you for community focused beginner level day trips are included with the pass.

SEPT 7, DEC 5, JAN 16, 30, FEB 13, 27
MARCH 26, APRIL 9, 23
Other Members: $130
A two session spring creeker tune-up on 3/26 and 4/9 is also available for $20.

SPRING THAW LAKE SUPERIOR TRIP

(UMD Student and Other Members)

Paddle through ice flows on the Duluth Waterfront.
SATURDAY, APRIL 18, 1-5 PM
Join roster at April 16th pool session.

ST. LOUIS RIVER TRIP

(UMD Student and Other Members)  Class I-II rapids.

SUNDAY, MAY 3, 10AM–6PM
Join roster at April 16th pool session.

PADDLING PROGRAMS FOR ALL

(NO PASS REQUIRED)

APOSTLE ISLANDS SEA KAYAKING

(105016) We will camp on islands with sand beaches along Lake Superior’s South Shore, stargaze, swim and hike with new friends. Our experienced leaders will introduce you to equipment, safety and paddling techniques.

DEPART: FRIDAY, AUGUST 30, 2PM
RETURN: SUNDAY, SEPTEMBER 1, 6PM
Register By: Noon, Aug 28, RSOP Office
Meet: Trailhead SpHC Lobby
COST: $78 UMD Student Members Only

SUNRISE PADDLE

Calling all early risers. This is your chance to join us for a kayak paddle out on Lake Superior and witness a beautiful sunrise! Register at RSOP Office.

TUESDAY, SEPTEMBER 10, 5:30 – 7:30AM
Register By: Monday, September 9th OR
TUESDAY, SEPTEMBER 24, 5:30 – 7:30AM
Register By: Monday, September 23
Meet: Trailhead SpHC Lobby
Cost: $10 UMD Student Members, $30 Others, Free for Pass Holders

SUNSET PADDLE

Witness the stunning last rays of a Fall day glistening on the water! Come join us on a Lake Superior sunset kayak tour!

WEDNESDAY, SEPTEMBER 4, 6-8PM
Register By: Tuesday, September 3 OR
WEDNESDAY, SEPTEMBER 18, 5:30 – 7:30PM
Register By: Tuesday, September 17
Meet: Trailhead SpHC Lobby
Cost: $10 UMD Student Members, $30 Others, Free for Pass Holders

umdrsop.org  218.726.7128
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!

SNOW KITING PASS
Chase the wind with us. We send e-mail notices for roughly ten lake outings on windy days. Cost: $65 UMD Student Member/$135 for Others.

LAKE OUTINGS
Island 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. You must be able to safely launch, steer, de-power, & relaunch kite before traveling away from launch area and then you can 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!

TUESDAYS, 11AM–1PM, NOV 5, 19, JAN 21
FRIDAYS, NOON–2PM, NOV 8, 15, JAN 17
We Provide: Kites, Harness, Instruction
You Provide: transportation to Island Lake, alpine or telemark skis and boots or snowboard and boots, helmet, snow pants, jacket with hood, mittens, hat, sunglasses.
Meet: At designated lake, maps provided
Cost: Must be a 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 at 218-726-6177 or rcarls06@d.umn.edu for more details.

PROGRAM SUMMARY
Start with an introductory level session. Get your Snow Kite Pass to develop your skills on local lakes.

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, NOV 5, 19, JAN 21
FRIDAYS, NOON–2PM, NOV 8, 15, JAN 17
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: RSOP Day Office, 153 SpHC
Cost per session: $8 UMD Student Members/$15 Others. Transferable to an alternate date if wind is less than 10 mph. All sessions available to 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: $35 UMD Student Members/$90 Others
The University of Minnesota Duluth is an equal opportunity educator and employer. Recreational Sports Outdoor Program is a student service fee supported organization.