CELEBRATING WOMEN - CELEBRATING DIVERSITY AND INCLUSION

Come join other women for a low pressure, out of the way, stress free evening. We are opening up our Recreation Center exclusively to women for two evenings of introductory experiences and instruction in various recreation activities. Take the pressure of onlookers and self-proclaimed-experts away and we think you’ll find learning new life skills to be a fun, relaxing experience. Instructors will emphasize the basics while providing information on equipment, associated clubs and/or programs, and additional recreational opportunities. Step outside of your comfort zone and celebrate a community created by women!

Saturday, January 20 and February 24, 6-9pm • $5 per night

WOMEN ON THE WATER
This session is designed to help you learn a variety of ways to use surfing and paddling to improve your fitness. Work with our paddle/surf/kite instructors to learn ways to make water-based adventure sports a part of your healthy lifestyle.
6:00-6:50PM & 8:00-9:00PM
Register By: Wednesday before the day of the event.
We Provide: Surfboards, SUPs, Kayaks, Canoes
You Provide: One-piece swim suit, Shorts, Rashguard or Synthetic t-shirt, Towel
Meet: The Welcome Desk, Sports & Health Center

WOMEN ON THE WALL
This session is designed to help you learn a variety of ways to use rock climbing, bouldering and balance activities to improve your fitness. Work with our climbing instructors to learn ways to make rock and climbing-based adventure sports a part of your healthy lifestyle.
7:00-7:50PM & 8:00-8:50PM
Register By: Wednesday before the day of the event.
We Provide: Shoes, Helmet, Belayers
You Provide: Comfortable pants, Socks
Meet: The Welcome Desk, Sports & Health Center

WOMEN IN THE WEIGHTROOM
This session is designed to help you learn a variety of ways to use free weights and weight machines to improve your strength and overall fitness. Work with our fitness instructors and physical trainers to learn ways to make weight training a part of your healthy lifestyle.
7:00-7:50PM & 8:00-8:50PM
Register By: Wednesday before the day of the event.
We Provide: Free weights, Weight machines
You Provide: Comfortable clothing, Shoes
Meet: The Welcome Desk, Sports & Health Center

At RSOP, we simply want to do our part in providing the most inclusive spaces on campus that we can, where each and every one of our customers can achieve their ambitions in a safe, inviting environment. Because we are powered by diversity and inclusion, we understand that our success is achieved by celebrating and valuing different people, experiences and ideas. This is why the proceeds from these programs will go to UMD’s Multicultural Center so that we can help support their mission to, “enhance academic achievement, create a sense of belonging, celebrate diversity, and foster positive relations among UMD students, faculty and staff”.

1 umdrsop.org | (218)726-7128
**MAIN OFFICE**

<table>
<thead>
<tr>
<th>Location</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>
</tbody>
</table>

**RECREATION CENTER**

*The lower level weight room will be closed due to classes Tuesday and Thursday all semester from 9:30-10:30am and from 8:00 - 9:00 am Monday, Wednesday, Friday from Jan 10-March 2. The Cardio Level will remain open during classes.*

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Level– Free Weights &amp; Selectorized (SpHC 92)*</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</td>
<td>9:00am–5:45pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Noon–8:45pm</td>
</tr>
</tbody>
</table>

**RENTAL CENTER**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>154 SpHC</td>
<td>Mon–Thr</td>
<td>9:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Tue–Thr</td>
<td>11:00am–6:00pm</td>
</tr>
<tr>
<td>January 12-February 23</td>
<td>Fri</td>
<td>11:00am–7:00pm</td>
</tr>
<tr>
<td>March 16-April 27</td>
<td>Fri</td>
<td>11:00am–6:00pm</td>
</tr>
<tr>
<td>January 13-Feb 24</td>
<td>Sat</td>
<td>9:00am- Noon</td>
</tr>
</tbody>
</table>

**POOL**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap/Open Swim</td>
<td>M, W, Thr, F</td>
<td>2:30pm–3:30pm</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>Tue/Thr</td>
<td>6:00am -8:00am</td>
</tr>
<tr>
<td></td>
<td>M, W, Thr, F</td>
<td>11:00am-2:30pm</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>1:30pm-3:00pm</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Sat</td>
<td>12:00-1:30pm</td>
</tr>
<tr>
<td>Dec 16-Jan 9: Pool closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 19: Pool Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 16: Lap Swim 12-1:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 3-11: Pool closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 30-May 4: Finals week schedule 11:00am-1:30pm Lap Swim only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 5-June 10: Pool closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 11: Summer programming begins.</td>
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<td></td>
</tr>
</tbody>
</table>

**FREE BOULDERING**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</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>10:00am–3:00pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Noon–8:00pm</td>
</tr>
</tbody>
</table>

**CAMPGROUND**

Open Daily

Park & walk-in access is available May 28-August 27, 2018.
Backpack thru-hiker access is available at any time.

**NORTH SHORE WALL**

Fitness Center

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue–Thr</td>
<td>4:00pm–10:00pm</td>
</tr>
<tr>
<td>Fri/Sat</td>
<td>3:00pm–5:45pm</td>
</tr>
</tbody>
</table>

**INLAND WALL**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Rink (On demand)</td>
<td>Mon</td>
<td>4:00pm–10:00pm</td>
</tr>
<tr>
<td>Ice Rink (North Shore Climbers)</td>
<td>Sat</td>
<td>6:00pm–9:00pm</td>
</tr>
</tbody>
</table>

**INTRAMURAL EQUIPMENT CENTER**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>199 SpHC</td>
<td>Mon–Thr</td>
<td>5:00pm–11:45pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>3:00pm–8:45pm</td>
</tr>
</tbody>
</table>

**AUXILIARY GYM**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 150A</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>

**ROMANO GYM**

*Consult varsity basketball schedule for Saturday availability*

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 150</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>

**ICE RINK (Jan 10-March 2)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Skate</td>
<td>Mon–Fri</td>
<td>11:30am–1:30pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>6:30pm–8:00pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>11:30am–1:30pm</td>
</tr>
<tr>
<td>Open Hockey</td>
<td>T/Thr</td>
<td>8:00am–10:00am</td>
</tr>
</tbody>
</table>

**EXCEPTION:** NO OPEN SKATE Friday, January 12
NO OPEN SKATE Saturday, Jan 13

**PATRONS MUST CARRY APPROPRIATE PASS AT ALL TIMES**

**FOR MOST UP TO DATE INFORMATION ON SCHEDULE CHANGES AND CLOSINGS FOLLOW US ON FACEBOOK OR TWITTER.**

All facilities will be closed on Monday, January 15
Facilities close at 4pm on Friday, March 2 with regular hours resuming on Monday, March 12.
Closed weekends over spring break.
Recreation Center open 6 am - 6 pm, March 5 - 9.
Some facilities will be open on a limited basis during spring break. Watch our website for spring break hours.
**HOW TO REGISTER & RECEIVE INFO**

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

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

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

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

**E-MAIL**
rsop@d.umn.edu

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

**GETTING A MEMBERSHIP**

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

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

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

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

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

**COMMUNITY MEMBERS**
Community members (non-UMD students/staff/faculty) are invited to participate in Outdoor Program activities as well as a variety of Fitness/Wellness programs, 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**

**TIM BATES**  
ASSOCIATE DIRECTOR  
218–726–8743  
tbates@d.umn.edu

**GREGG BATINICH**  
AQUATICS LCT & WSI  
218–726–6295  
gbatinic@d.umn.edu

**RANDY CARLSON**  
KAYAK, CANOE, SURFING & SNOW KITING  
218–726–6177  
rcarlso6@d.umn.edu

**PAT KOHLIN**  
SEA KAYAKING, GRAPHICS  
218–726–8891  
pkohlin@d.umn.edu

**LUCAS KRAMER**  
CLIMBING  
218–726–6257  
lkramer@d.umn.edu

**NOAH KRAMER**  
SPORT & OUTDOOR CLUBS  
YOUTH CAMPS  
218–726–7670  
nekrramer@d.umn.edu

**MICK MCCOMBER**  
DIRECTOR  
218–726–8868  
mcccombe@d.umn.edu

**NIKKI OLSON**  
FACILITIES & STUDENT DEVELOPMENT  
218–726–8329  
nolson@d.umn.edu

**TED PATTON**  
NORTH SHORE SWIM CLUB  
218–726–8759  
tpatton@d.umn.edu

**STEVE PAULSON**  
EQUIPMENT MAINTENANCE  
218–726–6283  
spaulson@d.umn.edu

**LORRY CARLSON**  
EXECUTIVE ACCOUNTS  
218–726–6533  
lwalsh@d.umn.edu

**NOAH KRAMER**  
SPORT & OUTDOOR CLUBS  
YOUTH CAMPS  
218–726–7670  
nekrramer@d.umn.edu

**TRISTA VUCETICH ANDERSON**  
FITNESS/ WELLNESS  
218–726–8111  
tvuceti1@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>$70</td>
<td>N/A</td>
</tr>
<tr>
<td>Area College Students</td>
<td>$95</td>
<td>$70</td>
<td>N/A</td>
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<tr>
<td>UMD Faculty/Staff---</td>
<td>$80</td>
<td>$70</td>
<td>N/A</td>
</tr>
<tr>
<td>Dependents 16 and over</td>
<td>$90</td>
<td>$70</td>
<td>$204</td>
</tr>
<tr>
<td>Under 16 ----</td>
<td>$65</td>
<td>$70</td>
<td>$125</td>
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<tr>
<td>Affiliate ---</td>
<td>$110</td>
<td>$70</td>
<td>$230</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
</tr>
<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

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

Faculty & Staff can purchase an Annual Pass for $140
Discounted Pass begins March 12: $38 Students/$50 Faculty & Staff/$90 Community

POOL FEES

A Membership allows you to 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 / $80 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: $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 to secure your team’s spot.
3. Attend captain’s meeting.

ENTER EARLY AS SOME SPORTS WILL FILL QUICKLY!

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

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

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

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

INTRAMURAL SPORTS OFFICIALS
The officials program is perhaps the most important element of the Intramural Sports Program. The department takes pride in hiring and training interested men and women for all major sports. Student officials develop and improve a wide variety of skills including decision making, conflict resolution and leadership skills. Many officials go on to officiate Minnesota State High School League contests. To get involved, contact the Intramural Supervisor at 218-726-7648.
## INTRAMURAL SPORTS SPRING 2018 SCHEDULE

### JANUARY 17 REGISTRATION DEADLINE
- **Basketball**: January 18, 5:00pm, SpHC 8
- **Hockey**: January 18, 5:45pm, SpHC 8
- **Broomball**: January 18, 6:30pm, SpHC 8
- **Badminton**: January 18, 7:15pm, SpHC 8
- **Innertube Dodgeball**: January 18, 8:00pm, SpHC 8
- **Curling**: January 18, 8:45pm, SpHC 8

### JANUARY 25 REGISTRATION DEADLINE
- **Bowling**: January 25, 9:00pm, Bowling Alley

### MARCH 14 REGISTRATION DEADLINE
- **4 on 4 Flag Football**: March 15, 5:00pm, SpHC 8
- **Kickball**: March 15, 5:45pm, SpHC 8
- **Floor Hockey**: March 15, 6:30pm, SpHC 8
- **Indoor Soccer**: March 15, 7:15pm, SpHC 8
- **Volleyball**: March 15, 8:00pm, SpHC 8
- **Softball**: March 15, 8:45pm, SpHC 8
- **Ultimate**: March 15, 9:30pm, SpHC 8

### CAPTAINS’ MEETING
- **Basketball**: January 18, 5:00pm, SpHC 8
- **Hockey**: January 18, 5:45pm, SpHC 8
- **Broomball**: January 18, 6:30pm, SpHC 8
- **Badminton**: January 18, 7:15pm, SpHC 8
- **Innertube Dodgeball**: January 18, 8:00pm, SpHC 8
- **Curling**: January 18, 8:45pm, SpHC 8
- **Bowling**: January 25, 9:00pm, Bowling Alley
- **4 on 4 Flag Football**: March 15, 5:00pm, SpHC 8
- **Kickball**: March 15, 5:45pm, SpHC 8
- **Floor Hockey**: March 15, 6:30pm, SpHC 8
- **Indoor Soccer**: March 15, 7:15pm, SpHC 8
- **Volleyball**: March 15, 8:00pm, SpHC 8
- **Softball**: March 15, 8:45pm, SpHC 8
- **Ultimate**: March 15, 9:30pm, SpHC 8

**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.
The UMD Figure Skating club consists of three teams, synchronized, intercollegiate, and recreational. Our synchronized and intercollegiate teams compete 3 times a year against other colleges throughout the Midwest. Many competitions for both competitive teams are in Michigan, Minneapolis, and Wisconsin. The past season, 2016-2017, our intercollegiate team placed 6th in the Midwest out of 18 other teams. Our recreational team allows for people to continue skating if they no longer wish to compete or it allows for anyone to learn how to skate with access to our resources. We practice 10 hours a week and have three dedicated coaches. The club as a whole actively participates in fundraising and in volunteering. The club member’s favorite volunteer event would be the holiday skating events with the Boys and Girls club at the Heritage Arena. We love being able to share our passion with others. The Figure Skating Club is a group of determined and hardworking student-athletes. It is a wonderful opportunity to be able to continue our passion for a sport that many of us have started at an early age while at the same time obtaining a college education. We have formed lifelong friendships through a shared common interest.

“Figure skating isn’t something you can just quit. It is a part of our lives, it is who we are.”
– Kiana Stadler, President UMD FSC

It is pretty awesome to be able to continue participating at a highly competitive level in the sport you enjoyed in high school. It does takes a lot of time, energy and resources to keep a club team rolling, though. It’s up to the club members to do the sorts of things your coaches, parents and administrators did for you back in high school. In many ways it’s like running a business. The responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of a club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning. There is much to gain from being a club member. Consider joining a sport club. Turn to page 8 to see what clubs we have and who to contact to get started.
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. umdrosop.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 the 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.

Alpine Ski • Badminton • Cheerleading • Climbing • Cycling • Dance • Disc Golf • Hockey - Men’s • Hockey - Women’s • Kayak & Canoe • Lacrosse - Men’s • Lacrosse - Women’s • Nordic Ski • Rugby - Men’s • Rugby - Women’s • Soccer - Men’s • Soccer - Women’s • Synchronized Skating • Ultimate - Men’s • Ultimate - Women’s • Volleyball - Men’s • Volleyball - Women’s • Water Polo • Wrestling
PERSONAL TRAINING
Whether you want to train for health improvement, sport specific activities, body fat loss, or you just want to feel better, let our trainers help you. Call today for a free consultation (218-726-7128). 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, Spin, Tabata, Pilates, Zumba, 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.

JANUARY 16 - APRIL 27
Meet: SpHC 96 (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.

VALENTINE’S PARTNER YOGA
A wonderful event for all UMD students and staff, bring a partner and share in a relaxing hour where you will learn and practice the art of yoga. This has been a very popular event, so register early!
TUESDAY, FEBRUARY 13, 7-8PM
COST: $1 PER PERSON
MEET: GOLD ROOM, 96 SPHC

SPRING FITNESS FRENZY
An intensity filled, 2 hour fitness party! Come challenge yourself in this Master Class. 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, FEBRUARY 24, 9:30 - 11:30 AM
Gold Room, SPHC 96
$10 UMD Students/$15 Others

NETA CERTIFICATION COURSE
A weekend designed for those interested in starting a career in the fitness industry or for those looking for continuing education. NETA’s expert trainers will deliver group fitness and personal training workshops (exams included). For those already certified, continuing education training workshops will also be offered. All registration is done through NETA. Please consult netafit.org for specific dates, times and pricing. Open to community members.
SATURDAY, MARCH 17 - SUNDAY, MARCH 18
COLLEGE STUDENTS WILL RECEIVE A $50 DISCOUNT WHEN RegisterING BY PHONE.
1-800-237-6242  NETAFIT.ORG

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

EMPLOYEE GROUP STRENGTH EXPRESS CIRCUIT
This class will consist of strength and cardiovascular interval circuits as well as full body strength and endurance, core training, and flexibility. Limit 8 participants per session.
M/W 4-4:45 OR T/TH 4-4:45PM
FEBRUARY 5 - APRIL 4
Meet: SpHC 33
Cost: $199

END OF SEMESTER AMAZING RACE!
Grab some friends and join us for an “Amazing Race” themed fitness obstacle course. This race will test your cardio, strength, flexibility and brain power. Four people per team. Be creative and wear your favorite team costume. Course challenges and directions will be distributed prior to race day. Prizes for top three teams.
(Looking for team members? E-mail tvuceti@d.umn.edu)
SUNDAY, APRIL 22, 10-11AM
COST: $20/TEAM
REGISTER BY: FRIDAY, APRIL 13
LIMITED TO 20 TOTAL TEAMS
MEET: MALOSKY STADIUM

END OF SEMESTER AMAZING RACE!
Grab some friends and join us for an “Amazing Race” themed fitness obstacle course. This race will test your cardio, strength, flexibility and brain power. Four people per team. Be creative and wear your favorite team costume. Course challenges and directions will be distributed prior to race day. Prizes for top three teams.
(Looking for team members? E-mail tvuceti@d.umn.edu)
SUNDAY, APRIL 22, 10-11AM
COST: $20/TEAM
REGISTER BY: FRIDAY, APRIL 13
LIMITED TO 20 TOTAL TEAMS
MEET: MALOSKY STADIUM

(218)726-7128 umdrsp.org 10
YOUTH ICE SKATING!
Learn to skate on at the UMD Ice Rink during six training sessions. These beginner based classes are for children, ages 4+, to learn the basics of ice skating from our experienced UMD RSOP Staff.
SATURDAYS, JANUARY 20 – FEBRUARY 24
BEGINNER: 9:15 – 10:15AM
BEGINNER: 10:15 – 11:15AM
$100/Participant
$15/UMD Student

ICE SKATING PRIVATE LESSONS!
Private lessons are offered at the UMD Ice Rink in the UMD Sports and Health Center. Private lessons are offered for beginner, intermediate and advanced skaters, youth and adults, with experienced UMD RSOP staff. The number of lessons can range from four to twelve lessons throughout January and February. $40/hour for 1 person
$50/hour for 2 people

YOUTH WINTER WONDERLAND!
Kids (5-12yo) spend a fun-filled day with UMD KIDSROCK Camp and experience winter activities like sledding, snowmen building, decorating cookies, and hot cocoa drinking! Each event registration is limited (40 children max), so sign up early.
FRIDAY, JANUARY 19, 7:45AM – 5:30PM
$35/Child
FRIDAY, JANUARY 26, 7:45AM – 5:30PM
$35/Child
Two Event Special - $60/Child
Kids that sign up for both dates of the Youth Winter Wonderland will get the two-days for a discount package price.

KIDSROCK VALENTINE’S DAY!
Kids (5-12yo) spend the evening with UMD KIDSROCK Camp enjoying camp games and Valentine’s Day activities! Event registration is limited (40 children max), so sign up early.
WEDNESDAY, FEBRUARY 14TH, 2018
EVENT IS 4:45PM TO 10:00PM
(max), so sign up early.
Event registration is limited (40 children max), so sign up early.

KIDSROCK VALENTINE’S DAY!
Kids (5-12yo) spend the evening with UMD KIDSROCK Camp enjoying camp games and Valentine’s Day activities! Event registration is limited (40 children max), so sign up early.
WEDNESDAY, FEBRUARY 14TH, 2018
EVENT IS 4:45PM TO 10:00PM
(max), so sign up early.
Event registration is limited (40 children max), so sign up early.

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 multipurpose rooms, large gym spaces, a pool, 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) 726-7128 or e-mail us at kidsrock@d.umn.edu with your pricing and planning questions.

NOTE: RSOP Youth and Family Program events will not be held March 31 and April 1, 2018 due to UMD Holiday Schedule. RSOP Youth & Family Program “classes” will be cancelled if a six participant minimum enrollment is not reached.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Open Swim*</td>
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<td>6:00-8:00am</td>
<td>6:00-8:00am</td>
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<td>11:00am-2:30pm</td>
<td>12:00-1:30pm</td>
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**POOL CLOSURES & ADJUSTED LAP/OPEN SWIM SCHEDULE**
Dec 16-Jan 9: Pool closed
Jan 15: Pool Closed
Feb 16: Lap Swim 12-1:30pm
Mar 3-11: Pool closed
Apr 30-May 4: Finals week reduced schedule 11:00am-1:30pm Lap Swim only
May 5-June 10: Pool closed
June 11: Summer programming begins.

**POOL SCHEDULE INFORMATION**
- Pool Dimensions - 6 lanes/25 yards
- Lap Swims - 6 lanes available
- Lap/Open Swims - 3 lanes available
- Open Swim - No lap lanes available
- Lifeguards are on duty for all scheduled programming.

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).

---

**OPEN WATER SCUBA COURSE**
Cost $150 / includes
- (4) 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: Jan 21, 28, Feb 4, 11
- Session 2: Feb 18, 25, March 4, 11
- Session 3: April 8, 15, 22, 29
- Session 4: May 13, 20, 27, June 3

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

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

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

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

For upcoming 2018 Scuba Trips to St. Croix and St. Lucia, Virgin Islands with Viking Diver go to:
www.vikingdiver.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.

<table>
<thead>
<tr>
<th>1-20 Patrons</th>
<th>$45/hr</th>
<th>2 Guards</th>
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<tbody>
<tr>
<td>21-35 Patrons</td>
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<tr>
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<td>4 Guards</td>
</tr>
<tr>
<td>51-75 Patrons</td>
<td>$100/hr</td>
<td>5 Guards</td>
</tr>
</tbody>
</table>

Contact Gregg Batinich at 218-726-6295, gbatinic@d.umn.edu to reserve the pool.
Serving generations of Northland families with the highest quality American Red Cross swim lesson instruction for over 25 years!
Infant, Pre-school & Youth group lessons • Adult private lessons • Pre-school and Youth Private & Semi-Private lessons
Small Classes Sizes • Experienced, ARC Certified Water Safety Instructors

**UMD RSOP AQUATICS SWIM LESSON SCHOOL**

**PRIVATE AND SEMI-PRIVATE LESSONS**

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

Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. All scheduling of Private Swim Lessons is negotiated between the Water Safety Instructor and the guardian of the student to ensure you get the best times to fit your busy schedule. There is a limited number of clients we can cater to each semester. To check if there is still availability for January-May, please call 218-726-7128.

For more information about our Private Swim Lesson program and to check availability, please contact Student WSI Supervisor Sommer Heikkila.
Email: heikk110@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!

**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

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

<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>Jan 22 - Feb 22</td>
<td>20</td>
<td>L4-$160, L5-$180, L6-$180</td>
</tr>
<tr>
<td>Session 2</td>
<td>M-TH</td>
<td>Mar 12 - April 12</td>
<td>20</td>
<td>L4-$160, L5-$180, L6-$180</td>
</tr>
<tr>
<td>Session 3</td>
<td>M-TH</td>
<td>April 16 - 26</td>
<td>8</td>
<td>L4-$64, L5-$72, L6-$72</td>
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</tbody>
</table>

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

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

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

**SUMMER WATER POLO**

DO YOU LOVE TO SWIM? ARE YOU A TEAM PLAYER?

If you are into swimming and team sports, then water polo might just be the sport for you. A league is coming to the Duluth area Spring 2008. For information, contact Minnesota Water Polo at mnmasterswp@gmail.com

Sponsored by UMD RSOP Aquatics
218-726-6295/gbatinic@d.umn.edu

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

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

Disclaimer: If there are fewer than 3 students signed up by the Friday prior to each new session for any class level, we will contact those families giving them the option of moving to a different time & day or a credit towards a future session of lessons.
LIFEGUARD TRAINING COURSE
The purpose of the American Red Cross Lifeguarding course is to teach you the skills needed to help prevent and respond to aquatic emergencies. This includes land and water rescue skills (pool & waterfront), plus first aid and CPR. Pre-requisites: Must be 15 years of age and pass certain swimming requirements
Cost: $275 / Pocket mask included with course fee
FRIDAY, MARCH 30, 6–9PM
SATURDAY, MARCH 31, 9–5PM
SUNDAY, APRIL 1, 9–5PM
SATURDAY, APRIL 7, 9–5PM
SUNDAY, APRIL 8, 9–5PM

LIFEGUARD REFRESHER COURSE
The purpose of this course is to review, check-off and re-certify current card holding lifeguards on all the required lifeguard skills necessary to help prevent and respond to aquatic emergencies including land and water rescue skills plus first aid and CPR/AED/PR.
Cost: $110
**Must show proof of certification when registering
CLASS TIMES: 9AM-6PM
SESSION 1: SUNDAY, FEBRUARY 18
SESSION 2: SUNDAY, MARCH 18
SESSION 3: SUNDAY, APRIL 22
SESSION 4: SUNDAY, JUNE 10

For inquiries pertaining to either of these courses, please contact Daniel Janasz (LGI): djjanasz48@gmail.com

NORTH SHORE SWIM CLUB
FALL/WINTER SEASON = SEPTEMBER 5 - MARCH 18
SPRING/SUMMER SEASON = MARCH 19 - AUGUST 4
Enrollment is on-going and swimmers may join at any time.

PRICING
NSSC Stroke Beginner/Intermediate 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 $66 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 age 25. 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) and good for 3 months and has 12 punches.
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

FRIDAY, MARCH 30, 6–9PM
SATURDAY, MARCH 31, 9–5PM
SUNDAY, APRIL 1, 9–5PM
SATURDAY, APRIL 7, 9–5PM
SUNDAY, APRIL 8, 9–5PM

American Red Cross
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, JANUARY 16, 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.

WINTER OUTDOOR ADVENTURE SAMPLER
Fat biking! Snowshoeing! Snowman building! Cross Country skiing! Hot chocolate! S’mores around the campfire! Come join us for our Winter Outdoor Sampler! Learn about what we do and enjoy some winter outdoor activities. Check out the winter camping “hot tent”, try new activities, enjoy Bagley Nature Area, meet new friends, and have some good food outdoors.

MONDAY, JANUARY 15, NOON-3PM
Meet: Bagley Nature Area Classroom (if you need directions go to www.d.umn.edu/maps)
Cost: FREE!

FAT BIKE FUN: HARTLEY PARK
Fat biking in Duluth has become a “BIG” deal. Join us on a winter cruise through Hartley Park. All skill levels are welcome. Fatbikes are available to rent at the UMD Rental Center for HALF PRICE for UMD students!

SATURDAY, JANUARY 20, 2-4PM
Register By: Noon, January 19
We Provide: Instruction
You Provide: Fat or Mountain Bike (available at the UMD Rental Center for half price), Helmet, Clothing for the Conditions
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $3 UMD Students/$6 Others

GOOSEBERRY FROZEN WATERFALL SNOWSHOE HIKE
Where there’s water, there’s a waterfall. There is something mesmerizing about water frozen in mid-cascade. Only months before the rivers that had once fed lakes turn into an icy enclosure. With sharp spikes hanging from rocks and shining like chandeliers. Come enjoy an afternoon snowshoeing and checking out the picturesque view of frozen waterfalls!

SUNDAY, JANUARY 21, NOON-5PM
Register By: Noon, January 19
We Provide: Snowshoes, Transportation
You Provide: Clothes for the Weather, Snacks
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $11 UMD Students/$16 Others

SKI/SNOWBOARD WAXING CLINIC
Want to learn how to hot wax your skis or snowboard? Already familiar with what to do and just want to wax? Come join us to learn the basics of waxing or refine your technique so you can glide through the snow.

MONDAY, JANUARY 22, 7-9PM
Register By: Noon, January 22
We Provide: Instruction and all waxing equipment
You Provide: Cross country skis, alpine skis, or snowboard
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $5 UMD Students/$10 Others
INTRO TO WINTER CAMPING
Keep warm when it’s cold. Learn how to prepare yourself to not only survive but thrive while winter camping. We will set up a winter camp at Bagley and cook a dinner fit for an Ice King. Topics include clothing, food, activity, heat sources, and more.
MONDAY, JANUARY 29, 4-6PM
Register By: Noon, February 19
We Provide: All gear and instruction
You Provide: Clothes for the Weather, eating equipment
Meet: Bagley Nature Area Classroom
Cost: $4 UMD Students/$7 Others

FREE SKI AND SNOWSHOE SATURDAYS
Here is your chance to get out and try a new activity or build your skills in skiing or snowshoeing. And it’s FREE for UMD Students!! We’ll have gear out in the Bagley Nature Area at the Classroom building for you to check out. Classic ski on the groomed trails or snowshoe off the groomed trails. We’ll also have staff that can help you with your skills development. Get out and try it!
SATURDAYS: FEBRUARY 3, 10, 17, 24, 10AM-NOON
FREE for UMD Students/ $3 Others (Cash or check only - collected on site)
No Registration is Required, equipment is first-come-first-served
You Provide: Warm clothing for the conditions (dress in layers so you don’t get too hot)
We Provide: Skis and snowshoes (we only have adult ski boot sizes)
Meet: Bagley Nature Area Classroom

OUTDOOR JOBS FAIR
Need a summer job? Looking for a great internship or employment after graduation? Interested in learning more about outdoor and environmental education professions? Join us to meet with representatives from summer camps, canoe camps, resource management, government agencies, environmental education centers, and others that will be on hand to answer your questions and talk about opportunities in outdoor education.
WEDNESDAY, FEBRUARY 7, 9:30AM-2PM
Meet: UMD Kirby Student Center Main Hallway

SNOWSHOE INTO THE PAST
Come snowshoe the historical portage trail between the Brule River & Lake St. Croix, the headwaters of the St. Croix River. For many years this trail was used by natives and voyageurs as a major trade route between Lake Superior and Mississippi River watersheds. So lace up your boots and let’s hit the trail with voyageurs on one side & Brule River beauty on the other.
SATURDAY, FEBRUARY 10, NOON-5PM
Register By: Noon, February 9
We Provide: Snowshoes, Transportation
You Provide: Clothes for the Weather, Snacks
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $11 UMD Students/$16 Others

FAT BIKING LESTER PARK
Join us on a trip into the great white trails of Hawk Ridge and Lester River. These trails are intermediate level with challenging up and downs. Fatbikes are available to rent at the UMD Rental Center for HALF PRICE for UMD students!
SUNDAY, FEBRUARY 11, 2-4PM
Register By: Noon, February 9
We Provide: Instruction, transportation
You Provide: Fat or Mountain Bike (available at the UMD Rental Center for half price), Helmet, Clothing for the Conditions
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $3 UMD Students/ $6 Others
NORTH SHORE STREAM SKI
The only thing more pleasant than skiing up a frozen North Shore stream is skiing back down it. Come out and enjoy both, along with some hot cocoa, on this classic North Shore experience. We’ll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, FEBRUARY 18, NOON-5PM
Register by: Noon, February 16
We Provide: Ski Equipment (if needed), Transportation, Hot Cocoa
You Provide: Warm Clothing, Skis (if you have them), Mug, Snacks
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $11 UMD Students, $16 Others

CAMP COFFEE
Nothing complements the fresh morning air like the smell and the taste of fresh brewed coffee! There are countless ways to make this delicious morning pick-me-up while on the trail, cowboy, french press, Norwegian twirl, and more! Come and learn what your favorite method is.

TUESDAY, FEBRUARY 27, 5-6:30PM
We Provide: Coffee, Instruction
You Provide: Clothes for the Weather, Mug (if you have one)
Meet: Bagley Nature Area Classroom
Cost: FREE

STAR HIKE PARK POINT
What’s better than a night hike? A night hike at the beach! Join us as we hike and sip hot chocolate under the stars at Park Point. Learn constellations. Enjoy the beauty of Duluth at night. If there’s lots of snow, we’ll have snowshoes.

MONDAY, FEBRUARY 19, 6:30-9PM
Register By: Noon, February 19
We Provide: Snowshoes, Transportation
You Provide: Clothes for the Weather, Snacks
Meet: At the Trailhead in the Lobby of the Sports and Health Center
Cost: $5 UMD Students/$10 Others

MAPLE SYRUPING: FROM TREES TO PANCAKES
Join us in UMD’s Bagley Nature Area for our annual maple syruping program. Learn syruping history, and how sap is collected and turned into maple syrup. You will tap maples, collect sap and sample the sweet stuff. You also will learn about resources so you too can make maple syrup. This is a great time to be in the woods.

MONDAY, MARCH 26, 5-7PM
Register By: Noon, March 24
We Provide: Instruction, Supplies, Treats
You Provide: Dress for the Weather
Meet: Bagley Nature Area Classroom Patio Area
Cost: $3 UMD Students/ $7 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, APRIL 2 - APRIL 23, 6-7:30PM
Bring your bike to the Rental Center (154 SpHC)

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@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.
HOW TO PLAN AND OUTFIT A BWCA CANOE TRIP
Got spring fever and want to get ready for a trip to the Boundary Waters? Join us to learn the ropes on how to plan routes, gear, and food for a fun and successful trip.
TUESDAY, APRIL 3, 5-6:30
Register By: Noon, April 3
We Provide: Instruction, Supplies
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Students/ $7 Others

BACKCOUNTRY BAKING
Do you love campfire cooking, do you love pie? Join us for a sampler of different baking on the trail possibilities. Pie? Cornbread? One-pot dinner? These all sound delicious to a hungry tummy. We’ll use Dutch ovens and reflector ovens. Everyone will be involved with the baking, then you get to eat what you made! We’ll even bake a cake. Mmmmmmm good.
TUESDAY, APRIL 10  5-7PM
Register by: Noon, April 9
We Provide: All Materials and Ingredients, Instruction, Recipes
You Provide: Eating utensils (plate, fork, cup,...)
Meet: Bagley Nature Area Classroom Patio
Cost: $4 UMD Students/ $8 Others

DIAMOND WILLOW WALKING STICKS
Diamond Willow walking sticks have a long tradition in the northland and we will be taking the “step” to learn how they are made. In this workshop, we’ll actually go out to a local area to learn what to look for in finding a willow stick that will have a diamond pattern. Then everyone will get to harvest one or more for themselves and bring it back to the working area and begin the process of peeling, shaping, and carving. You actually get to leave with your own walking stick.
MONDAY, APRIL 23, 5-8PM
Register By: Noon, April 22
We Provide: Instruction, Knives, Walking Sticks
You Provide: Knife and Walking Stick (If You Have One)
Meet: Bagley Nature Area Classroom
Cost: $10 UMD Students/ $15 Other

20TH ANNUAL OUTDOOR GEAR SWAP
Join the UMD Outdoor Educators Club at their 19th Annual Outdoor Gear Swap/ Fundraiser. Bring your outdoor gear to sell during the drop off times, and/or come to the sale and take advantage of some great deals! Gear to help people enjoy the outdoors will be sold by students, community members and local businesses. 15% of the sale price is taken to promote outdoor education. This is a Duluth tradition. Get there early for the best deals!
GEAR DROP OFF TIMES:
FRIDAY, APRIL 6, 3-7PM
SATURDAY, APRIL 7, 8-9AM
SALE: (OPEN TO EVERYONE)
SATURDAY, APRIL 7, 9:30-NOON
Meet: Sports and Health Center Ice Area (Watch for directional signs)
SPRING BREAK TRIPS

HOT TENTS IN THE BWCA
Do you want to see the Northern Lights? Are you looking for a new twist on your camping experience? Don’t let Old Man Winter keep you inside this winter camping season! Come explore the BWCA in one of it’s least busy, serenely beautiful seasons. And, we’ll stay warm at night in the comfort of a hot tent. The different aspects of winter camping will be covered on this trip, in addition to having a great time and curing cabin fever! No experience is necessary.
DEPART: 8AM SATURDAY, FEBRUARY 5
RETURN: 6PM SUNDAY, FEBRUARY 6
Register By: Noon, January 31
We Provide: Transportation, Group Gear, Food
You Provide: Personal Camping Gear, Backcountry Skis or Snowshoes, Warm Clothes (full list available upon registration or on website)
Cost: $59 UMD Students/ $120 Others

SPRING BREAK BWCA
Experience the Boundary Waters in a season that people seldom enjoy. We will be skiing across lakes and portages that look like a different snow covered planet. Learn how to winter camp like a pro and stay warm and dry while having fun in the snow. No experience is necessary.
DEPART: 8AM, MONDAY, MARCH 5
RETURN: 6PM, FRIDAY, MARCH 9
Register By: Noon, February 23
We Provide: Transportation, Group Gear, Food
You Provide: Personal Camping Gear, Backcountry Skis or Snowshoes, Warm Clothes (full list available upon registration or on website)
Cost: $158 UMD Students/ $310 Others

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
CLIMBING AT UMD
UMD offers the use of two great indoor climbing walls on campus. In addition, we utilize several local outdoor climbing areas for our courses, trips 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, instructed by professional and experienced staff. All necessary climbing equipment is included in our sessions.

OUR CLIMBING WALLS
North Shore Wall
The North Shore Wall has a prominent place 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 to try our drytooling picks as well!

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

WALL HOURS
Monday-Thursday 4-10pm
Friday & Saturday 3-6pm
Open hours run from the second week of school through the week before finals, January 16 through April 28, 2018.

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

WALL CLOSURES
The climbing walls are subject to closure for trainings, classes and other events. Please call (218) 726-6257 ahead of your trip to check availability. The wall is closed: Spring break (March 3-12), and during finals (April 30 - May 4). Prior to our annual Concrete Smorgasboard competition, all climbing walls will have limited availability. The wall closes for the summer on April 28th. Only private group reservations are available after that time.

PRICING
All passes and sessions purchased include the use of all necessary climbing equipment for that session.
Session Pass:
$3 UMD Students/ $10 Others
5-Punch Pass:
$10 UMD Students/ $30 Others
Semester Pass*:
$30 UMD Students/ $80 Others
Year Pass:
$50 UMD Students/ $150 Others
*Show your Fall semester climbing pass for $5 off your spring semester pass
*Semester pass cost reduced after Spring Break

(218)726-7128 | umdrsop.org
CLIMBING

FREE CLIMBING OPPORTUNITIES

FIRST WEEK FREE
Climbing is FREE during the second week of school, January 15-20th. Extra instructors will be on hand to help answer questions and fit equipment.

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

WOMEN ON THE WALL
Calling all female-identifying people! Come join us at the Inland Wall, located on the far side of the ice-rink, for some climbing! Beginners are always welcome. Bring your friends! This trip is led by female identifying instructors.
EVERY OTHER WEDNESDAY: JAN 17TH, JAN 31ST, FEB 28TH, MAR 14TH, MAR 28TH, APR 11TH, APR 25TH, 8-10PM
Meet: Inland Wall
Cost: Free with UMD ID/$5 Others

BEGINNER BELAY CLINIC
Learn how to belay! Join us in the inland wall for a low pressure, out of the way, stress free environment to learn this new skill. Take the pressure of onlookers and other accomplished climbers away and we think you'll find learning to belay is a fun experience! Specialized instruction for beginning climbers/belayers.
7-10 PM MONDAY, JANUARY 22ND AND THURSDAY, JANUARY 25TH
Meet: North Shore Wall
Cost: Free

VALENTINE'S DAY PARTNER CLIMB
Bring your climbing partner, significant other or friend and join us for a fun night of partner climbing. We will have fun partner climbing games and challenges for you to try!
WEDNESDAY, FEB 14TH, 8-10PM
Meet: Inland Wall
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 our experienced instructors to get off 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.
THURSDAY, FEBRUARY 1, 6-9PM
Register by: Noon, day of event
Meet: North Shore Wall
Cost: $5 UMD Students/$10 Others

SPORT LEAD CLIMBING
Take your indoor climbing to a new level with lead climbing. Learn how to climb from the ground up, trailing a rope and to clip anchors as you go. Practice techniques for tying in, clipping quickdraws, falling safely and belaying a lead climber.
Prerequisite: Checked off to belay at UMD’s climbing walls.
We provide: all necessary climbing equipment
THURSDAYS: FEBRUARY 8, MARCH 22, 6-9PM
Register by: Noon, day of event
Meet: North Shore Wall
Cost: $5 UMD Students/$15 Others

TRAD LEAD CLIMBING TECHNIQUES
Traditional lead climbers use chocks, tri-cams, spring-loaded camming devices and other gear to place temporary anchors in cracks as they climb a route bottom to top. Learn techniques for getting started, placing pro, route strategies and belaying a leader.
Prerequisite: Checked off to belay at UMD’s climbing walls.
THURSDAY, FEBRUARY 15, 6-9PM
Register by: Noon, day of event
We provide: all necessary climbing equipment and transportation.
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others

FREE CLIMBING OPPORTUNITIES

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We provide: all necessary climbing equipment
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Prerequisite: Checked off to belay at UMD’s climbing walls.
THURSDAY, FEBRUARY 15, 6-9PM
Register by: Noon, day of event
We provide: all necessary climbing equipment and transportation.
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others
INTRODUCTION TO ICE CLIMBING
Join UMD’s experienced climbing staff to learn the basics of winter climbing. Learn what equipment exists, how to fit it, and techniques for using it efficiently! A great primer for the beginning ice climbing! Location is dependent on ice formation.

**WEDNESDAY, JAN 17, 4:30 - 8:30PM**
Register by: Noon, day of event
We provide: Transportation from UMD
You provide: Warm clothes, Lunch/snacks, Water bottle
Meet: RSOP Rental Center
Cost: $5 UMD Students/$15 Others

MULTI-PITCH CLIMBING CLINIC
Learn the skills necessary for building anchors at the top of an outdoor climb, bringing up a second climber and transitioning at a belay ledge.
Prerequisite: checked off to belay at UMD’s climbing walls.
**THURSDAY, FEBRUARY 22, 6-9PM**
Register by: Noon, day of event
Meet: North Shore Wall
Cost: $5 UMD Students/$15 Others

CLIMBING GEAR DISCUSSION
Join UMD’s climbing wall staff to learn about the types of gear required for various types of climbing. Get your hands on gear, try it on and see what various types of climbing gear is all about. Slings, harnesses, shoes, protection, ropes, etc. Equipment care, knowing when to retire gear and other topics will be covered. Feel free to bring personal gear.

**WEDNESDAY, APRIL 4, 8-10PM**
Meet: Inland Wall
Cost: Free!

TOP ROPE 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 beginning climber looking to become self-sufficient in building your own anchors for top roping. No experience necessary, gear is provided, additional personal gear welcome.
**THURSDAY, APRIL 19, 6-9PM**
Register by: Noon, day of event
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others

SESSION 2 INDOOR PRACTICE: CONNECTING 2-4 PIECE 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. Gear is provided, additional personal gear welcome.

Prerequisites: Anchors session 1 or equivalent experience placing climbing protection.

**FRIDAY, APRIL 20, 6-9PM**
Register by: Noon, day of event
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others

SESSION 3 - OUTDOOR PRACTICE
This session puts into play all that is learned in the first two sessions. Placing, connecting and setting up simulated and actual top rope climbs. Gear is provided, additional personal gear welcome.
Prerequisites: Anchors sessions 1 and 2 or equivalent experience.
We provide: Transportation from UMD.
You provide: warm clothes, lunch, snacks, water.
**SATURDAY, APRIL 21, 9AM-5PM**
Register by: Noon on Friday April 20th
Meet: The “Trailhead” in the Lobby of the Sports and Health Center
Cost: $15 UMD Students/$45 Others

SESSION 4 - TOP BELAY SETUPS
This final session introduces ideas for 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 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.
We provide: Transportation from UMD.
You provide: warm clothing, lunch, snacks, water.
**SUNDAY, APRIL 22, 9AM-5PM**
Register by: Noon on Friday April 20th
Meet: The “Trailhead” in the Lobby of the Sports and Health Center
Cost: $15 UMD Students/$45 Others
CLIMBING

WINTER CLIMBING AT QUARRY PARK IN DULUTH
Mixed climbing combines both ice and rock climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginners welcome.
SATURDAYS, 9AM - 5PM, JAN 20, FEB 24
Register by: Friday before program
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle
Meet: The “Trailhead” in the Lobby of the Sports and Health Center
Cost: $20 UMD Students/ $55 Others

WOMEN’S ICE CLIMB AT GOOSEBERRY
We welcome all female identifying people to spend a day with other active women amid the dazzling winter scenery of Gooseberry Falls State Park. Beginners are encouraged to sign up for this awesome adventure! This trip will be led by female identifying instructors.
We provide: all necessary climbing gear and transportation
You provide: warm clothes, lunch/snacks, water bottle
SUNDAY, FEBRUARY 11, 9AM - 5PM
Register by: Noon, Friday February 9
Meet: The “Trailhead” in the Lobby of the Sports and Health Center
Cost: $20 UMD Students/ $55 Others

ICE CLIMB: GOOSEBERRY FALLS STATE PARK
Experience the northwoods in a new way! We will cover beginner climbing techniques to work your way up a frozen waterfall and explore what nature has to offer amidst the stunning winter scenery of Gooseberry Falls State Park. No experience required.
We provide: All necessary climbing gear and transportation
You provide: warm clothes, lunch/snacks, water bottle.
SUNDAY, FEBRUARY 11, 9AM - 5PM
Register by: Noon, Friday February 9
Meet: The “Trailhead” in the Lobby of the Sports and Health Center
Cost: $20 UMD Students/ $55 Others

DESTINATION TRIPS

EVENING ICE
Try out ice climbing at a fun, hidden ice climb located within Chester Park. This is a great location for beginners to see what ice climbing is all about. With excellent guidance and instruction you may find yourself wanting more after experiencing the thrill of climbing vertical ice! Beginners welcome.
We provide: All necessary climbing gear and transportation.
You provide: warm clothes, headlamp, snacks, water bottle
WEDNESDAYS, 5:30-8:00PM, JAN 24, JAN 31, FEB 7, FEB 14, FEB 21
Register by: Noon, the day of the trip.
Meet: At the RSOP Rental Center
Cost: $3 UMD Students/ $25 Others

28TH ANNUAL CONCRETE SMORGASBORD CLIMBING COMP
Join the North Shore Climbers for a day of climbing excitement and fabulous door prizes at the 28th annual Concrete Smorgasbord climbing competition. Try your hand at all-new bouldering and roped routes and compete against climbers of all ability levels for prizes.
SATURDAY, FEB 17, 9AM – 4PM
Meet: North Shore Wall
Cost: $25 (includes t-shirt if pre-registered before March 27th)
Register at: Day of registration available
**INSTRUCTOR COURSES**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
<th>Dates</th>
<th>Cost: UMD Students/Others</th>
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<tbody>
<tr>
<td><strong>SWIFT WATER RESCUE</strong></td>
<td>205005</td>
<td>May 20-22, 9am-4pm</td>
<td>$318/$362</td>
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<tr>
<td><strong>AMERICAN CANOE ASSOCIATION</strong></td>
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<tr>
<td><strong>COASTAL KAYAK L1-L2 ICW</strong></td>
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<td>May 31-June 3</td>
<td>$377/$420</td>
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**PROGRAM SUMMARY**

Start with an introductory level experience during the first two weeks of the Semester. Get your Kayak & Canoe Pass and/or Club Membership to develop your skills in the pool. When you get both you double your pool training time on Thursdays 8-10pm. Get outside and expand your skills while exploring local lakes and rivers on the weekends.

**INTRODUCTORY LEVEL POOL TRAINING SESSIONS & TRIPS**

**THURSDAY POOL SESSIONS WITH THE KAYAK & CANOE CLUB FROM 8-10PM**

- **JAN 11,25 FEB 8,22 MARCH 22 APRIL 5,19**
  - We provide: Casual instruction and practice time with paddling gear to prepare you for beginner and some intermediate level trips.
  - You provide: Swimsuit, Towel
  - Meet: SpHC Pool
  - Cost: Your first session is FREE!
  - Annual dues are $30 UMD Students/ $70 Others with free nose plugs for all annual members. Single semester dues are $20 UMD Students/ $45 Others. Three session spring creeker tune-up rate is $15.

**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

**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

**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.

- **SUNDAY, APR 15, 10AM – 6 PM**
  - Register by: April 12th pool session.
  - Meet: At the UMD Pool/Tennis Court

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

**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.

- **SATURDAY, APR 14, 10 AM – 6 PM**
  - Register by: April 12th 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.

- **SUNDAY, APR 15, 10AM – 6 PM**
  - Register by: April 12th pool session.
  - Meet: At the UMD Pool/Tennis Court

**KAYAK & SUP SPRING WEEKEND RENDEZVOUS** 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**
  - Register by: April 19th pool session.
  - Meet: At the UMD Pool/Tennis Court
PLAN AHEAD FOR FALL SEMESTER SURFING & SUP OPPORTUNITIES

Surf & SUP programming is mainly offered in the Fall and our instructional sessions are designed to serve beginner to advanced skill levels. If you have limited time, sign up for the Lester River Boardsport Sampler held on September 8, 2018. Choose the Annual Surf & SUP Pass for $45 if you are a UMD Student and $115 for Others to achieve full access! Passes are limited to the first 20 people registered.

Surf & SUP Pass holders will be able to attend training sessions at the Lester River Surf Shack on Tuesday evenings from 5-8pm and UMD Pool based sessions on Fridays 8:30-11am in September and October. Most importantly you will receive e-mail invitations to join roughly six additional Lake Superior sessions whenever the conditions are favorable through the end of November. E-mail invitations are offered at two different skill levels. We travel to a wide variety of surfing and SUP touring locations to encourage skill development for all.

Longboard Skateboard Land Paddling outings will occur in the Fall and Spring for Surf & SUP Pass holders.

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 & WHITWATER KAYAK 105017

September 14-16, 2018

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.

SUMMER 2018 SUP, SURF SKI, SIT-ON-TOP KAYAK & PRONE PADDLEBOARD

INSTRUCTION & EQUIPMENT DEMOS AT THE SURF SHACK

Make a new connection with Lake Superior. Our staff and equipment will be set up at the Surf Shack on the west side of the Lester River mouth on several Fridays, Saturdays and Sundays. We provide basic instruction, stand-up paddleboard, prone paddleboard, surf ski or kayak, paddle, lifejacket and wetsuit. Equipment is distributed on a first come first served basis.

Cost per session:
$20 UMD U-Card Holders
$25 Others

Fridays, 3-8pm: July 27, Aug 3, 10
Saturdays, 3-8pm: July 28, Aug 4, 11
Sundays, Noon-6pm: July 29, Aug 5, 12

SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP - 108002

Plan now for March 8-17, 2019

Spend a solid week surfing, stand-up paddleboarding, beach combing and observing marine life. In So-Cal, surfing is built into the lifestyle. So much can be learned here. From our campsite at San Onofre State Park we can hit several surf breaks like the San-O Trails, Dog Patch, Old Mans, Churches, Middles, and other nice breaks in North San Diego County. We will watch the pros at Lower Trestles, visit the Surf Heritage Foundation, eat at the local hot spots and visit surf shops. In La Jolla we will paddle our SUPs with the leopard sharks, seals, Garibaldi fish and other marine life.

Cost $425 UMD Students $695 Others
SNOW KITING

SNOW KITING FACTS: DID YOU KNOW....
Frozen inland lakes and the St. Louis River Basin near Duluth offer steady winds and open spaces for you to explore the excitement of snow kiting. The concept behind snow kiting is very basic: use the power generated from a large controllable kite to propel yourself across the snow or ice while riding a snowboard, alpine skis or even ice skates. Kites come in many sizes for use in specific wind conditions and are designed with open cell foils or inflatable chambers. Equipment consists of a kite, lines, control bar, harness and helmet. A Minnesota winter is the best time to learn the basics and snow 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.

TUESDAY, 11AM–1PM, JANUARY 23
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

FEBRUARY ONLY KITE PASS
If you are late to discover our snow kite program, bring all of your gear and take the Introduction Session at the lake then return for an additional lake session to refine your skills.
Cost: $30 UMD Students Only

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.
RIP ACROSS ISLAND LAKE
SATURDAY 11AM–5PM JANUARY 20, FEBRUARY 10
We Provide: Kites, Harness, Helmets, Instruction with snowmobile support.
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. 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 CARLSON LAKE HOME 108003
JANUARY 5-7, 2018
Cost: $30 UMD Students $95 Others
*Must be a Snow Kite Pass Holder to participate. See Randy for trip packet with full details.

KATING 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!
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: (Thu–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
Camping packages include a Tent, Cook Kit, Rain Tarp, Water Filter, 1 or 2 Burner Stove and First Aid Kit. Rental is Fri–Sun

WINTER CAMPING WEEKEND
Sleeping Bags, Sleeping Pads, Snow Shovel, Back-Country Skis or Snowshoes, 1 Pulk/Sled
Price: $85 UMD Students/ $80 Others

BACKPACKING WEEKEND
2 Backpacks
Price: $40 UMD Students Only

ICE FISHING (1 DAY)
2 Fishing Rods, Clam Ice Shelter Hand Ice Auger, Scoop, Sled, Shovel
Bait Bucket, you provide your own lures/bait
Price: $20 for UMD Students/ $24 for Others

SPRING BREAK SPECIAL
Rent any gear for pick up on March 1 or 2 and return on March 12 and pay only 7-day rate in after the close of the Rental Center on your due date.

BIKE REPAIR MONDAYS
Go to the bottom of page 17 for details.

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

Rent any gear for pick up on March 1 or 2 and return on March 12 and pay only 7-day rate in after the close of the Rental Center on your due date.

THE RENTAL CENTER 154 SP HC
MONDAY 9AM– 6PM
TUESDAY– THURSDAY 11AM– 6PM
FRIDAY JAN 12– MAR 2 11 AM – 7 PM
FRIDAY MAR 16– MAY 4 11 AM – 6 PM
SATURDAY JAN 13– FEB 24 9 AM – 12 PM

EQUIPMENT RENTAL CENTER 154 SPHC
MONDAY 9AM– 6PM
TUESDAY– THURSDAY 11AM– 6PM
FRIDAY JAN 12– MAR 2 11 AM – 7 PM
FRIDAY MAR 16– MAY 4 11 AM – 6 PM
SATURDAY JAN 13– FEB 24 9 AM – 12 PM

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

TENTS & SHELTERS LP
1 person tent (Eureka) 6.5
2 person tent (Marmot) 8
3 person tent (Marmot) 9.5
4 person tent (Marmot) 12
Rain Tarp (10x14) or (9x12) 4
Hammock 7

STOVE/ COOKING GEAR LP
2 Burner Stove (Coleman) 4
1 Burner Stove (Coleman) 3.5
Isobutane Stove (Optimus Vega) (No Fuel) 3.5
Optimus Nova (no fuel) 3.5
MSR Dragonfly (no fuel) 3.5
Alcohol Stove 2
Cook Kit (Lg) up to 10 people 2.5
Cook Kit (Md) up to 6 people 2.5
Cook Kit (Sm) up to 3 people 2
Utenzil Kit 1
Fuel Bottle (empty) .50
White Gas Fuel 22oz or 32oz 3/4
ISObutane Fuel Canister 4oz or 8oz 5/7
Water Filter (Ceramic) 5

FISHING
Spin Casting Rod/Reel Combo (Collapsible) 2
Chest Waders 4
Smelting Net 5

PACKS LP
Backpack (Granite Gear) 4.5
Duluth Pack #3 or #4 3/4

SLEEPING BAGS LP
Sleeping Bag (to 35 F) 3.5
Sleeping Bag (to 20 F) 4.5
Sleeping Bag (to 0 F) 4.5
Self Inflating Pad 2
Closed Cell Foam Sleeping Mat 1

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

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

SPORT EQUIPMENT LP
Disc Golf driver, putter Free UMD students/$1
Others
Kickball Kit 5
Dodgeball Kit 5

MISCELLANEOUS LP
Slackline Kit 4
Folding Camp Chair 3
Trowel .50
Head Lamp 2
First Aid Kit 3
Bear Rope Kit 2
LED Lantern (Crank) 2
Folding Camp Saw 1.5
Binoculars 2
Compass (Orienteering Style) 1

CLIMBING INDOOR/ OUTDOOR LP
Rock Climbing Shoes 2
Climbing Harness 2
Climbing Helmet 2
Crash Pad 5
Ice Climbing Boots 6
Crampons 4
Ice Axes (1 pair) 12

CANOES | (May 16-Oct 31) Includes 2 paddles, 2 pf'd's and tie down kit, Portage pads
Aluminum Canoe (Alumacraft) 20
Royalex Canoe (Wenonah) 24
Solo Royalex River Tripping Canoe 22
Plastic Paddle 2
PFD/Life Jacket 3

SEA KAYAKS | (May 16-Oct 5) Includes Wet-suit, Skirt, Paddle, PFD, Pump, Paddle float, Tie down kit, Dry bags
Single Kayak 40
Tandem Kayak 65

RECREATIONAL KAYAKS | (May 16-Oct 5)
Single Recreational Kayak 18

STAND UP PADDLEBOARD | (May 16-Oct 5)
Includes Board, Paddle, PFD, Wetsuit, Tie down kit, Leash
Canoe Trailer 37
*Mountain Bike / 29er 20
*City/Path Bike 14
Buck-A-Bike (Same Day Return) 1
*Fat Bike 35
Fender Blender Bike (organized groups only) 20

TRANSPORTATION LP
Rain Jacket 3
Rain Pants 3
Wetsuit, PFD, Padding Jacket pkg. 9
Wetsuit 6