Recreational Sports Outdoor Program

University of Minnesota Duluth

Spring 2020

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
Spending time volunteering and being active through community involvement is one thing UMD Cheerleading takes pride in throughout the year. Our teams thrive in an atmosphere where we get to boost public morale by integrating UMD Athletic teams with its fans. The Duluth community has been extremely welcoming and supportive of our club members with every event we have been involved with! So far this season, we spent time during the summer cheering on racers at Grandma's Marathon, and working water stations at the Chief Frantz Red Run 5K race! Our favorite part of participating in these events is seeing the positive impact we can have on others by cheering them on, or simply being a smiling face that they encounter. Being the core volunteer force behind Oktoberfest, and helping with the Ridgeview Golf Fundraiser, gave us the opportunity ensure that these events was successfully run. It is amazing to see when members of the Duluth community stand behind our organization and show us that our involvement pays off.

“Volunteering with my teammates has provided me with some of my favorite memories over the years. At the beginning of this season, our team decided that this year we would make community involvement a priority - to give back to both the Duluth community and UMD community for the support that they have given us. As a club leader, it is extremely rewarding to see the difference our club can make by giving our time to help out the community.”

-Lauren Kuchenmeister, Captain
### HOURS OF OPERATION

<table>
<thead>
<tr>
<th><strong>MAIN OFFICE</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 153</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>

<table>
<thead>
<tr>
<th><strong>RECREATION CENTER</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon–Fri</td>
<td>6:00am–11:45pm</td>
<td></td>
</tr>
<tr>
<td>Sat, Sun</td>
<td>9:00am–8:45pm</td>
<td></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 Tuesday and Thursday all semester from 9:20-10:30am and from 7:50-9:00am Mon, Wed, Fri from Jan 15 - March 6. The Cardio Level will remain open during classes.*

<table>
<thead>
<tr>
<th><strong>AUXILIARY GYM</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></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>

<table>
<thead>
<tr>
<th><strong>ROMANO GYM</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></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>

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

<table>
<thead>
<tr>
<th><strong>POOL</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></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></td>
<td>M/W/Th/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>1:30-3:00pm</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Sat</td>
<td>12:00-1:30pm</td>
</tr>
</tbody>
</table>

Check the pool schedule on page 10 for closures and schedule changes

<table>
<thead>
<tr>
<th><strong>FREE BOULDERING</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Available during Recreation Center open hours (excluding roped climbing hours). Facility Membership required. Climbing Pass not required.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NORTH SHORE WALL</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center - Roped Climbing Pass required</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>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>INTRAMURAL OFFICE</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 199</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>

<table>
<thead>
<tr>
<th><strong>RENTAL CENTER</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 154</td>
<td>Mon</td>
<td>9:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Tue–Thur</td>
<td>11:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Jan 17–Feb 28</td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>March 20–May 8</td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>Jan 18–Feb 29</td>
<td>Sat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ICE RINK</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Skate, Jan 15 - March 6</td>
<td>Mon - Sat</td>
<td>11:30am–1:30pm*</td>
</tr>
<tr>
<td>Open Skate, Jan 15 - March 6</td>
<td>Fri</td>
<td>6:00pm–8:00pm</td>
</tr>
<tr>
<td>Open Hockey, Jan 15 - March 6</td>
<td>Fri</td>
<td>8:15pm-10:00pm*</td>
</tr>
<tr>
<td>Extra Open Hockey Hours, 6:00pm - 7:45pm, Jan 15–16, Jan 21–23</td>
<td>*No Open Hockey Jan 31</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TURF RINK</strong></th>
<th><strong>DAY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Recreation, Mar 16 - Apr 10</td>
<td>Mon – Fri</td>
<td>11:30am–1:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CAMPGROUND</strong></th>
<th><strong>OPEN DAILY</strong></th>
<th><strong>HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Park &amp; walk-in access is available May 28-August 29 2020. Backpack thru-hiker access is available at any time.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All Facilities will be closed on Monday, January 20.
Facilities will close at 4:00pm on Friday, March 6 with regular hours resuming on Monday, March 16.
Facilities are closed weekends over Spring Break.
The Recreation Center is open 6:00am – 6:00pm, March 9 - 13. Some facilities will be open on a limited basis during Spring Break. Watch our website for Spring Break hours.

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

PATRONS MUST CARRY APPROPRIATE MEMBERSHIP PASS AT ALL TIMES.
REGISTRATION & INFORMATION

HOW TO REGISTER & RECEIVE INFO

In Person
Stop in at 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 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 online. 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 students who have paid their Student Service Fee will be allowed entry into the Recreational Facilities. Part-time, or students who have not paid the Student Service Fee, 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.

Youth
Youth may participate in numerous RSOP activities 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 students, 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
UMD Alumni are encouraged to participate in activities, and to use the facilities. Intramural Sports are not available to alumni.

UMD Faculty & Staff
UMD Faculty & Staff are encouraged to participate in activities, and to use the facilities.

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

PARKING
Parking is free 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.

AMMOMODATIONS
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.

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

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

MELODY DAVID-MCKNIGHT SEA KAYAKING
218–726–6231
dmcknight@d.umn.edu

PAT KOHLIN MARKETING & GRAPHICS
218–726–8801
pkohlin@d.umn.edu

NOAH KRAMER SPORT & OUTDOOR CLUBS
218-726-7670
nekramer@d.umn.edu

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

TAMARA KRAMER REGISTRATION & INFORMATION
218-726-6533
takramer@d.umn.edu

SHAUNA MAURER FACILITIES & YOUTH CAMPS
218-726-8329
smaurer@d.umn.edu

MICK MCCOMBER DIRECTOR
218-726-8868
mmccombe@d.umn.edu

TED PATTON NORTH SHORE SWIM CLUB
218-726-6759
tpatton@d.umn.edu

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

JOEL SANDERSON INTRAMURALS & YOUTH CAMPS
218–726–7648
jsander3@d.umn.edu

TRISTA VUCETICH ANDERSON FITNESS/WELLNESS
218–726–8111
tvuceti1@d.umn.edu

ACCOMMODATIONS
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MEMBERSHIP
Membership allows access to facilities during available hours (see schedule inside cover). For full-time UMD Students who have paid their Service Fee, your UCard is your Facilities Pass. Facilities include: Jogging Track, Gymnasium, Tennis Courts, Weight Room, Cardio Room, Pool, and Fieldhouse.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>One Semester</th>
<th>Summer</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-Time UMD Student</td>
<td>Free</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Part-Time UMD Student</td>
<td>$75</td>
<td>$55</td>
<td>N/A</td>
</tr>
<tr>
<td>Area College Students</td>
<td>$100</td>
<td>$70</td>
<td>N/A</td>
</tr>
<tr>
<td>UMD Faculty/Staff</td>
<td>$95</td>
<td>$65</td>
<td>$216</td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents 16 and over</td>
<td>$95</td>
<td>$65</td>
<td>$216</td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents Under 16</td>
<td>$70</td>
<td>$50</td>
<td>$130</td>
</tr>
<tr>
<td>Affiliate</td>
<td>$115</td>
<td>$75</td>
<td>$235</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
</tr>
<tr>
<td>UMD Alumni Dependents 16 and over</td>
<td>$140</td>
<td>$100</td>
<td>$295</td>
</tr>
<tr>
<td>UMD Alumni Dependents under 16</td>
<td>$90</td>
<td>$55</td>
<td>$180</td>
</tr>
</tbody>
</table>

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

Pool, 10-Punch Card
Adult: $40
Youth & Senior: $30

Pool, One-Time Pass
Adult: $4
Youth & Senior: $3

Ice Rink, 10-Punch Card
$35

Ice Rink, One-Time Pass
$4

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

Session Pass
$3 UMD Student Members / $10 Others

Semester Pass
$30 UMD Student Members / $90 Others

Show your Fall 2019 Climbing Semester Pass and get $5 off your Spring 2020 pass.

Annual Pass $50 UMD Students / $150 Others

LOCKER RENTAL
Locker rental is available for students and employees who have active RSOP Memberships.

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

A WORD ABOUT PRICING
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: Currently enrolled, full-time UMD students who have paid their Student Service Fee, 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 SPRING 2020 SCHEDULE

<table>
<thead>
<tr>
<th>JANUARY 22 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>$75</td>
<td>January 23, 5:00pm, SpHC 8</td>
</tr>
<tr>
<td>Spikeball</td>
<td>$35</td>
<td>January 23, 5:45pm, SpHC 8</td>
</tr>
<tr>
<td>Bean Bag Toss</td>
<td>$35</td>
<td>January 23, 6:15pm, SpHC 8</td>
</tr>
<tr>
<td>Hockey</td>
<td>$125</td>
<td>January 23, 6:45pm, SpHC 8</td>
</tr>
<tr>
<td>Broomball</td>
<td>$75</td>
<td>January 23, 7:30pm, SpHC 8</td>
</tr>
<tr>
<td>Badminton</td>
<td>$35</td>
<td>January 23, 8:15pm, SpHC 8</td>
</tr>
<tr>
<td>Curling</td>
<td>$45</td>
<td>January 23, 8:45pm, SpHC 8</td>
</tr>
<tr>
<td>Bowling</td>
<td>$45</td>
<td>January 23, 9:00pm, Bowling Alley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MARCH 18 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>$85</td>
<td>March 19, 5:00pm, SpHC 8</td>
</tr>
<tr>
<td>Softball</td>
<td>$75</td>
<td>March 19, 5:45pm, SpHC 8</td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>$75</td>
<td>March 19, 6:30pm, SpHC 8</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>$75</td>
<td>March 19, 7:15pm, SpHC 8</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$75</td>
<td>March 19, 8:00pm, SpHC 8</td>
</tr>
<tr>
<td>Nerf Battle</td>
<td>$75</td>
<td>March 19, 8:30pm, SpHC 8</td>
</tr>
<tr>
<td>Ultimate</td>
<td>$65</td>
<td>March 19, 9:00pm, SpHC 8</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>$75</td>
<td>March 19, 9:00pm, SpHC 8</td>
</tr>
</tbody>
</table>

REGISTER YOUR TEAM ONLINE BY GOING TO WWW.UNDRSOP.ORG R WWW.IMLEAGUES.COM

Intramural events require attendance by at least one team representative at a pre-season captains’ 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@d.umn.edu.

WHERE DO I GO FOR INFORMATION?
Go online and visit the Sport Club Program Page at z.umn.edu/umd-sport-clubs, contact the Sport Club Staff at sportclubs@d.umn.edu, or come into the Clubhouse (SpHc 197) for more information.

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, Colin Joyce
Chief Financial Officer, Alison Pomerleau
Chief Clerical Officer, Kendra Sparby

SPORT CLUBS ADVISORY

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.

Alpine Ski • Badminton • Cheer Team • Climbing • Cycling • Dance Team • Golf • Hockey - Men’s • Hockey - Women’s • Lacrosse - Men’s • Lacrosse - Women’s • Nordic Ski • Rugby - Men’s • Rugby - Women’s • Sailing • Soccer - Men’s • Soccer - Women’s • Synchronized Skating • Ultimate - Men’s • Ultimate - Women’s • Volleyball - Men’s • Volleyball - Women’s • Water Polo • Wrestling
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, HIT/T, 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.
50 Wellness Points for UPlan Members.
JANUARY 20 - MAY 1
Meet: SpHC (Gold room) unless indicated otherwise
Passes can be purchased at the RSOP Main Office (SpHC 153)
Cost: See Passes & Fees on page 4
The first week (January 20-24) is FREE!

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. 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.

The RSOP Fitness Center contains the latest cardiovascular and weight training equipment. Participate in “Weightroom 101” on February 2 to learn how to use the equipment, and become more confident. For individualized instruction, consider working with a personal trainer.
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, JANUARY 21 - APRIL 28
No registration required
Meet: SpHC 33 (Basement)
Cost: FREE!

WEIGHTROOM 101
If you are new to the Recreation Center, and you are eager to start an exercise program, but you are intimidated by the weight room and cardio machines, then this introductory level workshop is for you. Our personal training staff will help you become more confident navigating our facility by teaching you proper weight room etiquette and providing you with a better understanding of how to operate weight and cardio machines. Come ask questions, practice basic exercises and learn about the Recreation Center in a supportive and fun environment.
SUNDAY, FEBRUARY 2, NOON-2PM
No registration is required
Meet: RSOP Welcome Desk, inside the gate, by the seating area
Cost: FREE!

VALENTINE’S PARTNER YOGA
A wonderful event for everyone! 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!
THURSDAY, FEBRUARY 13, 7-8PM
Register By: Noon, February 13
Meet: Gold Room, 96 SpHC
Cost: $1/person

SPRING FITNESS FRENZY
An intensity filled, 2 hour fitness party! Come challenge yourself in this Master Class. It’s the best of the best! Led 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 22, 9:30 - 11:30 AM
Register By: Noon, February 22
Meet: Gold Room, SpHC 96
Cost: $10 UMD Student Members/$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.
SATURDAY, MARCH 21 - SUNDAY, MARCH 22
All registration is done through NETA. Please consult netafit.org for specific dates, times and pricing. Open to community members.
COLLEGE STUDENTS WILL RECEIVE A $50 DISCOUNT WHEN REGISTERING BY PHONE.
1-800-237-6242 NETAFIT.ORG

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 UpPlan members.
T/TH, NOON-12:45PM OR M/W, 4-4:45PM
FEBRUARY 10 - APRIL 9
Register By: 4pm, February 7
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 UpPlan members.
M/W, NOON-12:45PM, MARCH 16 - MAY 6
Register By: 4pm, March 13
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: Jan 26, Feb 2, 9, 16
- Session 2: Feb 23, Mar 8, 15, 22
- Session 3: Mar 29, Apr 5, 19, 26

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

POOL CLOSURES & SCHEDULE CHANGES
Dec 14-Jan 14: Pool Closed (Winter Break)
Jan 20: Pool Closed (MLK Day)
Mar 7-15: Pool Closed (Spring Break)
Mar 21, 28, Apr 4: Pool Closes at 1pm
May 4-8: 12-1:30pm Lap Swim Only (Finals)
May 11-June 5: 11am-1:30pm Lap Swim Only (Closed Weekends)
June 8: Summer Schedule Begins

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 (umdrso.org).

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

RENT OUR POOL
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 Ted Patton at 218-726-6759, tpatton@d.umn.edu to reserve the pool.

RENT OUR POOL

LAP AND OPEN SWIM SCHEDULE SPRING 2020

<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>
</tbody>
</table>

RENT OUR POOL
UMD RSOP AQUATICS SWIM LESSON SCHOOL

Proudly serving generations of Northland families with the highest quality American Red Cross Swim Lesson instruction for over 25 years. Infant, Pre-School, Youth, Adult, Private and Semi-Private lessons are available.

### PARENT CHILD, PRE-SCHOOL & LEARN-TO-SWIM SPRING 2020

<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>Jan 22-Feb 12</td>
<td>7</td>
<td>$61.25</td>
<td>Begins Wed, Jan 22</td>
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<tr>
<td>Session 1</td>
<td>T/Th</td>
<td>Jan 21-Feb 13</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Sat</td>
<td>Jan 18-Feb 29</td>
<td>7</td>
<td>$61.25</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>M/W</td>
<td>Feb 17-Mar 4</td>
<td>6</td>
<td>$52.50</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>T/Th</td>
<td>Feb 18-Mar 5</td>
<td>6</td>
<td>$52.50</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Sat</td>
<td>Mar 21-May 2</td>
<td>6</td>
<td>$52.50</td>
<td>No lessons April 11</td>
</tr>
<tr>
<td>Session 3</td>
<td>M/W</td>
<td>Mar 16-Apr 8</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>T/Th</td>
<td>Mar 17-Apr 9</td>
<td>8</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>M/W</td>
<td>Apr 13-30</td>
<td>6</td>
<td>$52.50</td>
<td></td>
</tr>
<tr>
<td>Session 4</td>
<td>T/Th</td>
<td>Apr 14-30</td>
<td>6</td>
<td>$52.50</td>
<td></td>
</tr>
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</table>

**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>
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</tbody>
</table>

**SATURDAY CLASS TIMES AND LEVELS**

<table>
<thead>
<tr>
<th>TIMES</th>
<th>LEVELS</th>
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</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 SPRING 2020

<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 21-Feb 13</td>
<td>15</td>
<td>L4-$120, L5-$135, L6-$135</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Class start Tue, Jan 21</td>
</tr>
<tr>
<td>Session 2</td>
<td>M-TH</td>
<td>Feb 17-Mar 5</td>
<td>12</td>
<td>L4-$96, L5-$108, L6-$108</td>
</tr>
<tr>
<td>Session 3</td>
<td>M-TH</td>
<td>Mar 16-Apr 9</td>
<td>16</td>
<td>L4-$128, L5-$144, L6-$144</td>
</tr>
<tr>
<td>Session 4</td>
<td>M-TH</td>
<td>April 13-30</td>
<td>12</td>
<td>L4-$96, L5-$108, L6-$108</td>
</tr>
</tbody>
</table>

**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>

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

### 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.

umdrsop.org 218.726.7128
PRIVATE AND SEMI-PRIVATE LESSONS
Private Lessons (one child only) $20 per 1/2 hr. lesson
Semi-Private Lessons (two children) $25 per 1/2 hr. lesson
Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. All scheduling of Private Swim Lessons is negotiated between the Water Safety Instructor and the guardian of the student to ensure you get the best times to fit your busy schedule. There is a limited number of clients we can cater to each semester.

For more information about our private swim lesson program and to check availability, please contact Student WSI Supervisor 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
**AQUATICS**

**NORTH SHORE SWIM CLUB**

**SHORT COURSE SEASON (WINTER/SPRING)**

**JANUARY 2 - MARCH 14**

**ENROLLMENT IS ON-GOING AND SWIMMERS MAY JOIN AT ANY TIME.**

**PRICING**

**NSSC Beginner Monthly Fee** (3-5 times/week practice)

1st Family Swimmer $80  
2nd Family Swimmer $70  
3rd Swimmer & up $60

**NSSC Intermediate/Advanced Monthly Fee** (5 times/week practice)

1st Family Swimmer $90  
2nd Family Swimmer $80  
3rd Swimmer & up $70

USA Swimming registration is required.  
See the North Shore Swim Club website for paperwork.  
Cost: $70

**PREREQUISITES:**

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 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, 218-726-7128.

**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.

**WINTER/SPRING SESSION: JANUARY 6 - MAY 8**

Meets: Monday, Wednesday and Friday 6:30-8am  
Cost: $180 per session

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**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/AED/PR.

**SAT, MARCH 21, 1-5PM**

**SUN, MARCH 22, 10AM-2PM**

**SAT, MARCH 28, 1-5PM**

**SUN, MARCH 29, 10AM-2PM**

**SAT, APRIL 4, 1-5PM**

**SUN, APRIL 5, 10AM-2PM**

Pre-requisite: Must be 15 years of age and pass certain swimming requirements  
Cost: $275 / Pocket mask included with course fee

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**LIFEGUARD REFRESHER/RECERTIFICATION 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.

**SATURDAY, APRIL 4, 1-5PM**

**SUNDAY, APRIL 5, 10AM-NOON**

Prerequisite: Must show proof of certification when registering  
Cost: $110

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For inquiries pertaining to either of these courses, please contact Jacob Schoenfuss (LGI) schoe799@d.umn.edu

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umdrsop.org  218.726.7128
WINTER WONDERLAND
School's Out Programming
No school on January 17th? Your kids, ages 5-12, can spend a day with UMD KIDSROCK Camp experiencing a day filled with fun winter activities. Sledding, snowman-building, cookie-decorating, winter crafting and sipping on hot cocoa are just a few of the fun activities this single day of camp entails! Event registration is limited to 32 children, so sign up early!
FRIDAY, JANUARY 17, 7:30AM - 5:30PM
Register By: Noon, Thursday, January 16
We Provide: Activities and a Snack
You Provide: Proper clothing for the weather, Lunch for your child/children
Meet: Bagley Classroom
Cost: $30/Child on or before January 3, 2020
$40/Child after January 3, 2020

KIDS NIGHT IN
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! Dinner will be provided.
WEDNESDAYS, 5-9PM, JANUARY 22, FEBRUARY 19, MARCH 18, APRIL 15
Register By: Noon, Friday before program date
Meet: SpHC 191 (Hall of Fame Room)
Cost: $20/Child/Night

YOUTH ROCK CLIMBING TEAM
Come and join our UMD Youth Climbing Team! The team is available to students ages 7 to 14, who will have the opportunity to be part of a team, acquire or improve climbing skills and put them to use at a friendly competition. This is a seven-week program offering 6 weeks of practice, 1 weekend competition, a team T-Shirt and a free 5-time punch card to UMD Open Climb times.
SIX SATURDAY PRACTICES, 10AM-12PM, JAN 18, 25, FEB 1, 8, 15, 22
COMPETITION, 10AM-12PM, FEB 29, 2020
Register By: Noon, Friday, January 17
Meet: North Shore Rock Wall
Cost: $150/Child

SATURDAY MORNING HOCKEY
This is a great opportunity to have your child try out hockey. UMD Youth Programs is partnering with the UMD Hockey Sport Club Team to provide Saturday morning hockey for children ages 6-8. Children will have the opportunity to gain skills, learn about the game, practice skating, scrimmage, and have fun! Participants will receive a free 5-time Open-Skate punch card to the RSOP Ice Rink (no hockey) times.
SIX SATURDAY PRACTICES, 9:30AM-11AM, JAN 18, 25, FEB 1, 8, 15, 22
Register By: Noon, Friday, January 17
You Provide: Skates, Helmet, Pads & Stick
Meet: RSOP Ice Rink
Cost: $75/Child

SUMMER CAMP
Summer Camp is approaching! Be sure to sign up early to take advantage of our fun-filled Summer Camps and the discounted pricing during Registration Day! Camps will include, Classic Camp with Themed Weeks, Specialty Camps and Educational Camps.
Summer Camp Dates:
JUNE 8 - AUGUST 14, 2020
Registration Day:
SATURDAY, MARCH 21, 2020
(In person only/No phone calls)
Camp schedule and specific camp information will be posted on the RSOP webpage prior to registration day. *REGISTRATION DAY Discount - 10% off for all participants that register in person at this event (Saturday, March 21, 2020 ONLY).

SATURDAY MORNING INDOOR SOCCER
UMD Youth Programs and UMD Soccer Sport Club team are here to offer a fun Saturday Morning Soccer experience for your child! Children ages 6 - 8 are welcome to come and join us on the indoor RSOP turf to gain new skills, make new friends, scrimmage, and have fun! Participants will receive a t-shirt.
SIX SATURDAY PRACTICES, 9:30AM-11AM, MARCH 21, 28, APRIL 4, 18, 25, MAY 2
Register By: Noon, Friday, March 20
Meet: RSOP Turf (Ice) Rink
Cost: $75/Child
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, JAN 21, 5-6PM
No Registration Required
Meet: Sports and Health Center Room 191
We will have regular meetings and activities throughout the semester on Tuesdays at 5pm. To get details on volunteering or get on the staff e-newsletter, email Ryley (olive255@d.umn.edu). Even if you can’t make the meetings, we can get you involved.

WINTER ADVENTURE SAMPLER
Snowman building! Cross Country skiing! Hot chocolate! Come join the Outdoor Program for our Winter Outdoor Sampler! Learn about what we do and enjoy some fun winter outdoor activities that include snowshoeing, campfire cooking, a wood fired “hot tent”, and more.

MONDAY, JANUARY 20, 1-4PM
Register By: No registration required. Just show up!
We Provide: Food and necessary gear
You Provide: Proper clothing for the weather
Meet: Bagley Nature Area Classroom
Cost: FREE

CONSTELLATION SNOWSHOE
Join us for a fun night of snowshoeing out on Park Point! Find some of your favorite constellations and learn more about them on a nice hike enjoying our Duluth winters!
THURSDAY, JANUARY 23, 5PM-6PM
Register By: Thursday, January 23 at Noon
We Provide: Snowshoes
You Provide: Proper clothing for the weather
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $5 UMD Student Members/ $11 Others

BACKCOUNTRY SKI AT JAY COOKE
Jay Cooke State Park is one of the premier state parks around Duluth! Join us for a great day of exploring the backcountry ski trails as we traverse through the great outdoors. Get to parts of the park that few people go to. Discover wildlife and fun in the northwoods.
SATURDAY, JANUARY 25, 10AM-3PM
Register By: Friday, January 24 at Noon
We Provide: Transportation, Ski Gear, Leaders
You Provide: Proper clothing for the weather
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $9 UMD Student Members/ $18 Others

FAT BIKE FUN AT 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. Take a break from the stress of school and enjoy the beauty of a nearby park.
SUNDAY, JANUARY 26, 2-4PM
Register By: Friday, January 24 at Noon
We Provide: Fat Bikes and Leaders
You Provide: Warm clothing in layers
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $7 UMD Student Members/ $15 Others

WAXING CLINIC
Want to learn how to 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.
MONDAY, JANUARY 27, 6-8PM
Register By: Monday, January 27 at Noon
We Provide: Waxing Supplies & Tools
You Provide: Skis (alpine or nordic) or Snowboard to Wax
Meet: Sports & Health Ctr. Room 191
Cost: $6 UMD Student Members/ $12 Others
OUTDOOR ACTIVITIES

SNOWSHOE INTO THE PAST
Come snowshoe the historical portage trail between the Brule River & Lake St. Croix, the headwaters of the St. Croix River (about 40 miles southeast of campus). For hundreds of years this trail was used by natives and voyageurs as a major travel 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 1, 10AM-5PM
Register By: Friday, January 31 at Noon
We Provide: Transportation, Snowshoes, Leaders
You Provide: Proper clothing for the weather, bag lunch
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $12 UMD Student Members/ $22 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, 10AM-12PM FEBRUARY 1, 15, 22, & 29.
No Registration is Required, equipment is first-come-first-served
We Provide: Skis and snowshoes (we only have adult ski boot sizes)
You Provide: Warm clothing for the conditions (dress in layers so you don’t get too hot)
Meet: Bagley Nature Area Classroom
Cost: FREE for UMD Students/ $3 Others (Cash or check only - collected on site)

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 and government agencies, environmental education centers, and others that will be on hand to answer your questions and talk about opportunities in outdoor and environmental education.
WEDNESDAY, FEBRUARY 5, 9:30AM-2PM
Meet: Kirby Student Center Main Hallway
Cost: FREE

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 talk about food, clothes, and shelter basics for camping in the winter.
WEDNESDAY, FEBRUARY 12, 5-7PM
Register By: Wednesday, February 12 at Noon
We Provide: Instruction and Winter Camping Gear
You Provide: Proper clothing for the weather (we’ll be inside and outside)
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Student Members/ $7 Others

SNOWSHOE GOOSEBERRY
Enjoy the beauty of Gooseberry Falls State Park, even in the winter. Trek through the winter wonderland with us as we explore the trails and frozen river. If you don’t have your own snowshoes, no worries! We provide them for you.
Saturday, February 15, 1-6pm
Register By: Friday, February 14 at Noon
We Provide: Snowshoes, Transportation, Leaders
You Provide: Proper clothing for the weather, snacks & water
Meet: Benches outside the Rental Center, 154 SpHC.
Cost: $10 UMD Student Members/ $18 Others

DRIFTWOOD WIND CHIMES
Join us in turning driftwood into cool, classy windchimes. Everyone will get to use basic tools and techniques and go home with a driftwood wind chime
THURSDAY, FEBRUARY 20, 6-8PM
Register By: Thursday, February 20 at Noon
We Provide: Craft Materials, Tools, Instruction
Meet: Sports and Health Ctr. Room 191
Cost: $3 UMD Student Members/ $8 Others

WINTER BIRD IDENTIFICATION AND SNOWSHOE
Sax-Zim bog is world renowned for the opportunity to see amazing rare birds like great-gray owls, boreal chickadees, and evening grosbeaks. And, there are so many more. Join us on this unique opportunity as we snowshoe parts of the bog to find and identify common as well as rare winter birds.
SATURDAY, FEBRUARY 22, 2-7:30PM
Register By: Friday, February 21 at Noon
We Provide: Transportation, Binoculars & Field Guides, Leaders
You Provide: Proper clothing for the weather, snacks. Bring your own binoculars, if you have them.
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $10 UMD Student Members/ $18 Others
OUTDOOR ACTIVITIES

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 on this long running program, about as old as the UMD Outdoor Program itself. We’ll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, MARCH 1, 10AM-3PM
Register By: Friday, February 28 at Noon
We Provide: Skis, Transportation, Leaders
You Provide: Proper Clothing for the weather, snacks and water
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $10 UMD Student Members/ $18 Others

SPRING AWAKENING YOGA
Want to feel refreshed from our long winter and welcome spring? Want to feel like you are awakened into a new world? Join us for a refreshing early morning yoga session in our very own Bagley Nature Area!

THURSDAY, MARCH 26, 7-8AM
No Registration Required
We Provide: Yoga Instruction and Mat
You Provide: Wear comfortable fitness clothing
Meet: Bagley Nature Area Classroom
Cost: FREE!

OUTDOOR GEAR SWAP
Join the UMD Outdoor Educators Club at their 22nd 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, MARCH 27, 3-7PM
SATURDAY, MARCH 28, 8-9AM
SALE: (OPEN TO EVERYONE)
SATURDAY, MARCH 28, 9:30-NOON (numbers given starting at 8am, raffle for the first 10 spots to get in)
Meet: Malosky Stadium (follow the signs)
Cost: $3 UMD Student Members/ $7 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 30, 4PM-6PM
Register By: Monday, March 30 at Noon
We Provide: Proper clothing for the weather
Meet: Bagley Nature Area Classroom
Cost: $2 UMD Student Members/ $5 Others

LEAVE NO TRACE CLINIC
Come to this clinic and learn what it means to be a responsible traveler in the wilderness. We will go over the seven principles of Leave No Trace and how they apply to Minnesota. We will learn new skills to keep you safe and the areas you love pristine.

TUESDAY, MARCH 31, 5PM-7PM
Register By: Tuesday, March 31 at Noon
We Provide: Instruction
You Provide: Proper clothing for the weather (we’ll be both inside and outside during this class)
Meet: Bagley Nature Area Classroom
Cost: $2 UMD Student Members/ $5 Others
WOODEN BUTTER SPREADER
“Carve out some time from your day” and make a usable beautiful butter spreader with traditional green woodworking tools.

THURSDAY, APRIL 2, 6-8PM
Register By: Wednesday, April 1 at Noon
We Provide: Carving Materials and Tools
You Provide: Yourself and a pocket knife (optional)
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Student Members/ $8 Others

WOODEN SPOON MAKING
The word spoon translates to chip of wood. In this workshop you will learn how to make a wooden eating spoon with green woodworking techniques and all with hand tools. Tools will be provided but feel free to bring any hook and straight knives, small hatchets and gouges.

SATURDAY, APRIL 4, 1-5PM
Register By: Friday, April 10 at Noon
We Provide: Tools and Materials
You Provide: Yourself and a pocket knife (optional)
Meet: Bagley Nature Area Classroom
Cost: $4 UMD Student Members/ $8 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 mechanics, using our tools. Minimal charges for materials and time.
MONDAYS, APRIL 6, 13, & 27, 6-7:30PM
Just show up. No registration required.
Meet: Bring your bike to the Rental Center (154 SpHC)

HOW TO PLAN A BOUNDARY WATERS TRIP
This clinic will go over everything you need to know to plan your own BWCA trips. This includes how to get permits, gear, route planning and skills you will need while out there.

TUESDAY, APRIL 7, 5-7PM
Register By: Monday, April 6 at Noon
We Provide: Instruction and materials
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Student Members/ $7 Others

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.
WEDNESDAY, APRIL 15, 8-10PM
Register By: Tuesday, April 14 at Noon
We Provide: Transportation, Hot Chocolate, Leaders
You Provide: Proper clothing for the weather
Meet: Benches outside the Rental Center, 154 SpHC
Cost: $4 UMD Student Members/ $8 Others

EARTH DAY CLEAN UP
Come join us for a friendly clean up session dedicated to celebrating our beautiful Earth! We’ll focus our energy on Bagley Nature Area, and other nearby natural areas.
TUESDAY, APRIL 21, 5-7PM
You Provide: Work gloves and clothes
Meet: Bagley Nature Area Classroom
Cost: FREE! Just show up.

NATURE PHOTOGRAPHY
Love the outdoors but haven’t been able to capture the moment? Bring your camera, or check one out from the Media Hub, and come take a walk with us through Bagley. We will be teaching different camera techniques to help you better your skills and remember your time spent outside!

THURSDAY, APRIL 23, 5PM-7PM
Register By: Wednesday, April 22 at Noon
We Provide: Instruction
You Provide: Proper clothing and a camera (can be checked out of the Media Hub in the Library)
Meet: Bagley Nature Area Classroom
Cost: FREE for UMD Student Members/$3 Others

FROG HIKE
Hop along with us as we search frog hot spots for activity during a new Spring! Learn about identifying frogs, and how these amphibious friends survived the chilly winter. Bring your headlamp and come on by for a ribbiting good time.
WEDNESDAY, APRIL 29, 8-9:30PM
Register By: Wednesday, April 29 at Noon
We Provide: Instruction
You Provide: Proper clothing for the weather
Meet: Bagley Nature Area Classroom
Cost: FREE for UMD Student Members/$3 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.
HOT TENT WINTER CAMPING
Don’t let the cold stop you from enjoying camping! This shorter trip will be to Boulder Lake (just north of Duluth), where the beauty of winter is spectacular. The stars will be amazing and maybe we’ll see northern lights and wolf tracks. We’ll ski or snowshoe (pulling sleds) into our nestled camp spot on the north end of the lake. If you are new to winter camping, we’ll help you learn how to stay warm and comfortable during the day and night. We’ll even bring along a “hot tent” which is a large tent, heated with a wood stove. Comfy and cozy! Get out with us and become a true Minnesotan!
SATURDAY FEBRUARY 22, 9AM - SUNDAY, FEBRUARY 23, 4PM
Register By: Friday, February 21 at Noon
We Provide: Winter Camping Gear, Food, and Transportation
You Provide: Personal camping equipment (full list available online)
Meet: Bagley Nature Area Classroom
Cost: $62 UMD Student Members/ $112 Others

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’ll 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 day of school through the week before finals.

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 (May 4-8) and the week before the Concrete Smorgasbord (April 13-18).

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

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, January 21-25. 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, outside of 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
Calling all female-identifying people! Join us at the Inland Wall, located on the far side of the ice-rink! Beginners are always welcome. Bring your friends! This session is led by female identifying instructors. Instruction and equipment included.
WEDNESDAYS, 8-10PM, JAN 22 - APRIL 29
Register by: No registration required
Meet: Inland Wall
Cost: Free with UMD ID/$5 Others

BEGINNER BELAY CLINICS
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.
WEDNESDAY, 6-8PM, JAN 29 & FEB 26
Register by: No Registration Necessary
We provide: All necessary equipment
You provide: Appropriate clothing
Meet: Inland Wall
Cost: Free

LEAP YEAR DYNO COMP
Born on that rare day that only comes around every 4 years, the Leap Year Dyno Competition is guaranteed fun and excitement! Join with our route setters and climbing staff and one point, two point, three point, and four points off your way to some fun dynamically challenging routes!
SATURDAY, FEBRUARY 29, 11:30AM COMPETITORS MEETING, 12PM START TIME
Register by: Day-of registration available
We provide: All necessary equipment
You provide: Stoke!
Meet: Ice Rink Overlook
Cost: $5

CONCRETE SMORGASBORD CLIMBING COMP **30th Annual**
The North Shore Climbers Club and RSOP partner in offering our annual climbing competition. All skill levels welcome.
SATURDAY, APRIL 18, 9:00AM – 4:00PM
Register by: Day-of registration available
Meet: Ice Rink Overlook
Cost: $25

GOOSEBERRY ICE
Learn beginner ice climbing techniques to work your way up a frozen waterfall. Explore one of Minnesota’s greatest state parks through the unique lens of ice climbing. No experience required.
SATURDAY, JANUARY 25, 9AM - 5PM
Register by: Noon, Friday, January 24
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle.
Meet: RSOP Rental Center
Cost: $20 UMD Student Members/ $55 Others

CLIMB CASKET QUARRY
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.
SATURDAY, FEBRUARY 1, 9AM-5PM
Register by: Noon Friday, January 31
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle.
Meet: RSOP Rental Center
Cost: $20 UMD Student Members/ $55 Others
WOMEN’S CLIMB AT GOOSEBERRY
We welcome all female identifying people to spend a day 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.
SUNDAY, FEBRUARY 9, 9AM - 5PM
Register by: Noon, Friday February 7
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle
Meet: RSOP Rental Center
Cost: $20 UMD Student Members/ $55 Others

CLIMB CASCADE
Incredible north shore waterfall climbing combining both ice and rock climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginner and experienced climbers welcome.
SATURDAY, FEBRUARY 15, 9AM-5PM
Register by: Noon on Friday, February 14
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle
Meet: RSOP Rental Center
Cost: $20 UMD Student Members/ $55 Others

WOMEN’S CLIMB AT CASKET QUARRY
We welcome all female identifying people to spend an exciting day at Casket Quarry full of mixed climbing which includes both ice and rock climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginners welcome. This trip will be led by female identifying instructors.
SUNDAY, FEBRUARY 23, 9AM-5PM
Register by: Noon, Friday, February 21
We provide: All necessary climbing gear and transportation
You provide: Warm clothes, lunch/snacks, water bottle
Meet: RSOP Rental Center
Cost: $20 UMD Student Members/ $55 Others

EVENING ICE
Try ice climbing at a fun, hidden ice climb located within Chester Park, five minutes from campus. An excellent opportunity for beginners to see what ice climbing is all about.
WEDNESDAYS IN JANUARY AND FEBRUARY, 5PM-9PM, BEGINNING JANUARY 22
Register by: 4pm Day-of, Walk-ups Accepted
We provide: All necessary climbing gear and transportation.
You provide: Warm clothes, headlamp, snacks, water bottle
Meet: RSOP Rental Center
Cost: $5 UMD Student Members/$25 Others

SPORT LEAD CLINICS
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.
THURSDAYS, FEB 27 & APRIL 2, 6-9PM
Register By: Noon the day before the clinic
We provide: All necessary climbing gear
You provide: Appropriate clothing
Meet: North Shore Climbing Wall
Cost: $5 UMD Student Members/$15 Other

GYM TO CRAG: 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, MARCH 26, 6-9PM
Register by: Noon, day of event
We provide: All necessary climbing gear
You provide: Appropriate clothing
Meet: Inland Wall
Cost: $5 UMD Student Members/$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, MARCH 27, 6-9PM
Register by: Noon on Friday March 27
We provide: All necessary climbing gear
You provide: Warm clothes, lunch, snacks, water
Meet: Inland Wall
Cost: $5 UMD Student Members/$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.
SATURDAY, MARCH 28, 9AM-5PM
Register by: Noon on Friday March 27
We provide: Transportation from UMD, All necessary climbing gear
You provide: Warm clothes, lunch, snacks, water
Meet: RSOP Rental Center
Cost: $15 UMD Student Members/$45 Others

MULTIPITCH 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
WEDNESDAY, FEBRUARY 26, 6-9PM
Register by: Noon, day of event
We provide: All necessary climbing gear
You provide: Appropriate clothing
Meet: North Shore Climbing Wall
Cost: $5 UMD Student Members/$15 Others

ROUTE SETTING CLINIC
Learn how to design fun, challenging new climbing routes at UMD’s climbing walls. Bouldering and roped climbing routes. 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 is necessary.
WEDNESDAY, FEBRUARY 12, 6-9PM
Register by: Noon, day of event
Meet: North Shore Wall
Cost: $5 UMD Student Members/$10 Others
KAYAK & CANOE

PROGRAM SUMMARY
Want to try kayaking? Start with a free introductory level kayaking experience in the UMD Pool on January 23 from 8-10pm (for UMD Student Members only). If you like it, get your Kayak & Canoe Pass and develop your skills in the pool (available for students and community members). Passes include Thursday night sessions and outings on Lake Superior and regional rivers and creeks.

Kayak & Canoe Pass Holders who complete the pool skills check-list for the day trip can attend its outings. The day trip rosters are finalized at the UMD Pool on the Thursday before the trip. We meet at the UMD Pool for loading and departure. Multi-day paddling trips have an additional fee and require pre-registration at the RSOP Main Office and depart from outside the Rental Center (SpHC 154). We provide instruction, boats, paddling accessories, river snacks, transportation, lunch and group gear for camping when necessary. You provide swimsuit, base layers, closed toe shoes that can get wet, water bottle, eyeglasses strap, sunscreen and personal camping gear.

TRIPS OPEN TO UMD STUDENT MEMBER PASS HOLDERS

MIDWAY RIVER
Class I-II+ rapids ending at the UMD Outpost.
SATURDAY, APR 25, 10 AM – 6 PM
Intermediate skills check required
Join roster at April 16 pool session

KNIFE RIVER
Class II-III rapids.
SUNDAY, APR 26, 10AM – 6PM
Intermediate skills check required
Join roster at April 16 pool session

BAPTISM OR MONTREAL RIVER TRIP
Class II-III+ rapids.
SATURDAY, MAY 2, 10AM – 6PM
Intermediate skills check required
Join roster at April 30 pool session

TRIPS OPEN TO ALL PASS HOLDERS

SPRING THAW LAKE SUPERIOR
(205003) Join us for a great afternoon of paddling through ice flows on the big lake.
SATURDAY, APR 18, 1-5 PM
Beginner skills check required
Join roster by or before April 16th pool session
Cost: Free for Passholders

ST. LOUIS RIVER TRIP
Class I-II rapids.
SUNDAY, MAY 3, 10AM-6PM
Beginner skills check required
Join roster at April 23 pool session
Meet: UMD Pool/Tennis Court

TRIPS OPEN TO EVERYONE

SUNSET PADDLE LAKE SUPERIOR
(205004) Witness the stunning last rays glistening on the water, and watch the lights come up in the city! Come join us on a Lake Superior sunset kayak tour!
FRIDAY, MAY 1, 5:30-9:30PM
Register By: Noon, Thursday, April 30
Meet: Trailhead SpHC Lobby
Cost: $10 UMD Student Members, $30 Others, Free for Pass Holders

INSTRUCTOR COURSES

SWIFT WATER RESCUE
Learn how to prepare for and react to swift water rescue situations. Classroom and hands-on learning focuses on equipment, rope skills, self and assisted-rescues that are done from in or out of the boat. The final day is dedicated to handling on-river rescue scenarios in groups. Paddlers must be comfortable paddling a kayak or canoe in at least Class II whitewater.
MAY 28-30, 2020
Cost: $320 UMD Student Members/$365 Others

AMERICAN CANOE ASSOCIATION LEVEL 3 COASTAL KAYAK SKILLS ASSESSMENT (305003)
Paddle in 10-15 knot winds, 1-2 foot waves or surf, within 1.5 nautical miles from shore. Participants will receive documentation of having achieved a certain level of paddling ability. This is a prerequisite for the ACA Instructor Certification Workshop in June, and an excellent opportunity for anyone wanting to receive an evaluation on their skills.
MAY 30, 2020, 9AM – 5PM
Register By: May 26, 2020 at 4pm
Meet: UMD Boat Shed
Cost: $150/person

AMERICAN CANOE ASSOCIATION LEVEL 3 COASTAL KAYAK INSTRUCTOR CERTIFICATION WORKSHOP (305001)
In this supportive environment you will demonstrate and hone your skills, receive a professional evaluation of your paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills. Students who pass will earn certification.
JUNE 5-9, 2020
Register By: 4pm, May 15, 2020
Meet: UMD Boat Shed
Cost: $650/person
**SPRING 2020**

**SINGLE SESSION - UMD POOL BASED - SURF & SUP TRAINING** 205103

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 a Surf & SUP Pass for Fall Semester, 2020, learn about equipment, risk management and etiquette.

**TUESDAYS, 7:30-9:00PM, FEBRUARY 4, 11, 18, 25**

We Provide: Boards, Accessories, Instruction
You Provide: Swimsuit, Towel
Cost Per Session: $8 UMD Student Members/$15 Others

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**SUMMER 2020**

**FULL DAY OF SURF, SUP & FOIL SURFING INSTRUCTION AT ISLAND LAKE** 305016

Join us on Island Lake for our comprehensive Prone Surfboard training content followed by SUP surfing instruction and Foil Surfing instruction using a ski boat wake. Four dates to choose from and a four person maximum group size.

**9AM- 5PM, SATURDAY, JULY 11 • FRIDAY, JULY 17**

**THURSDAY, JULY 23 • FRIDAY, JULY 24**

Cost per session: $95 UMD Student Members/$175 Others

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**INSTRUCTION & EQUIPMENT DEMOS AT THE SURF SHACK**

Join us at the Lester River mouth for basic instruction using our stand-up paddleboards, prone paddleboards, surf skis or sea kayaks, with paddle, lifejacket and wetsuit provided. Equipment is distributed on a first come first served basis.

**FRIDAYS, 3:00-8:00PM, JULY 31, AUGUST 7**

**SATURDAYS, 3:00-8:00PM, JULY 25, AUGUST 1, 8**

**SUNDAYS, NOON-6:00PM, JULY 26, AUGUST 2, 9**

Register By: No Registration Required
Cost per Session: $20 UMD U-Card Holders/$30 Others (Cash or Check Only at the Surf Shack)
Meet: The Surf Shack at 60th Avenue East and London Road

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**SPRING BREAK 2021**

**SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP** - 108002

Plan now for March 5-14, 2021

Spend a solid week surfing, stand-up paddleboarding, beach combing, shopping for the ultimate used surfboard 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.

Cost $425 UMD Students $695 Others

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**FALL 2020**

**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 intermediate skill levels.

If you are not sure about your surfing commitment sign up for a single session in the pool during the first two weeks of class and consider the Lester River Boardsport Sampler on September 12, 2020. If you’re frothing over surf adventures, choose the Entry Level Surf & SUP Pass for $65 (UMD Student) and $135 (Others) to get full access to all September and October training sessions. Fall Pass sales start at 8:00am on Wednesday, September 9 and usually sell out in one day. Passes are limited to the first 24 people registered.

Surf & SUP Pass holders will be able to attend training sessions at the UMD Pool on Tuesdays 7:30-9:00pm and Fridays 9:00-10:30am in September and October. Most importantly you will receive e-mail invitations to roughly eight additional training sessions at the Lester River Surf Shack, Island Lake and Lake Superior whenever the conditions are favorable. We will also introduce you to longboard skateboard land paddling, SUP touring, prone paddleboarding, surfing behind a ski boat, foil surfing and wind driven foil wing riding.

**RIVER WAVE RIDING IN CANADA OR LAKE SUPERIOR SURF SAFARI: STAND UP PADDLEBOARD, SURFBOARD & KAYAK** 105017

The Winnipeg River at Sturgeon Falls in Manitoba offers large glassy waves that can be surfed using a variety of equipment. If the river is too low we will explore and camp along the Lake Superior Coast. Intermediate level skills are needed for this trip and they are developed through regular participation in the Surf & SUP Pass holder trainings. A valid Passport is required.

**SEPTEMBER 18-20, 2020**

Cost: $90 UMD Student Members Only

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**SPRING 2020**

**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 intermediate skill levels.

If you are not sure about your surfing commitment sign up for a single session in the pool during the first two weeks of class and consider the Lester River Boardsport Sampler on September 12, 2020. If you’re frothing over surf adventures, choose the Entry Level Surf & SUP Pass for $65 (UMD Student) and $135 (Others) to get full access to all September and October training sessions. Fall Pass sales start at 8:00am on Wednesday, September 9 and usually sell out in one day. Passes are limited to the first 24 people registered.

Surf & SUP Pass holders will be able to attend training sessions at the UMD Pool on Tuesdays 7:30-9:00pm and Fridays 9:00-10:30am in September and October. Most importantly you will receive e-mail invitations to roughly eight additional training sessions at the Lester River Surf Shack, Island Lake and Lake Superior whenever the conditions are favorable. We will also introduce you to longboard skateboard land paddling, SUP touring, prone paddleboarding, surfing behind a ski boat, foil surfing and wind driven foil wing riding.

**RIVER WAVE RIDING IN CANADA OR LAKE SUPERIOR SURF SAFARI: STAND UP PADDLEBOARD, SURFBOARD & KAYAK** 105017

The Winnipeg River at Sturgeon Falls in Manitoba offers large glassy waves that can be surfed using a variety of equipment. If the river is too low we will explore and camp along the Lake Superior Coast. Intermediate level skills are needed for this trip and they are developed through regular participation in the Surf & SUP Pass holder trainings. A valid Passport is required.

**SEPTEMBER 18-20, 2020**

Cost: $90 UMD Student Members Only

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**SPRING 2020**

**PLAN AHEAD FOR FALL SEMESTER SURFING & SUP OPPORTUNITIES**

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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!

PRIVATE SNOW KITING INSTRUCTION FOR COMMUNITY MEMBERS

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 Per Person: $150/ $130 with two
You become a Snow Kite Pass holder after your private session.
Contact Randy Carlson at 218–726–6177 or rcarlso6@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

205100
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.

FRIDAY, NOON–2PM, JAN 17
TUESDAY, 11AM–1PM, JAN 21

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.

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!

11AM–5PM, JANUARY 18, 19, 20, FEBRUARY 1, 2, 29, MARCH 1

We Provide: kites, harness, helmets, instruction with snowmobile support.
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, water bottle, snacks
Skill Level: Open to all Kite Pass holders
Meet: At designated lake, maps provided
Cost: Must be a Snow Kite Pass holder.

KITE INTRO & ONE LAKE OUTING

Add one small group lake outing to your Intro Session. Deduct the fee from your annual pass if you’re hooked. If you missed the on-campus intro sessions choose this option to receive the intro content out on the lake followed by free riding with snowmobile support.
Cost: $35 UMD Student Members/$90 Others

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 Others.

KITE INTRO & ONE LAKE OUTING

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EQUIPMENT RENTAL

EQUIPMENT RENTAL CENTER 154 SpHC
Monday: 9am – 6pm
Tuesday–Thursday: 11am – 6pm
Friday, Jan 17-Feb 28: 11am-7pm
Friday, March 20-May 8: 11am-6pm
Saturday, Jan 18-Feb 29: 9am – 2pm

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

RENTAL RATE CALCULATOR
1 Day (up to 24 hours):
List Price (LP) x 1
Weekend:
(Fri-Mon, up to 72 hrs) LP x 2
Extended Weekend:
(Thur-Mon) LP x 3
Week (up to 7 days) = LP x 4
10 days = LP x 5
14 days = LP x 6
*2 hour = LP x 0.33
*6 hours = LP x 0.66
*Only certain items are available for rent for 2 or 6 hours.

WEEKEND PACKAGES FOR TWO
All packages include a Tent, Cook Kit, Rain Tarp, Water Filter, 1 or 2 Burner Stove and First Aid Kit. Rental is Fri–Sun
Winter Camping Weekend
Sleeping Bags, Sleeping Pads, Snow Shovel, Back-Country Skis or Snowshoes, 1 Pulk/Sled
Price: $65 UMD Student Members/$80 Others
Ice Fishing (1 Day)
2 Fishing Rods, Clam Ice Shelter, Hand Ice Auger
Scoop, Sled, Shovel, Hair Bucket, you provide your own lures/bait
Price: $20 UMD Student Members/$24 Others

Boundary Waters Weekend
Royalex Canoe w/paddles, pf’d’s, 3 Duluth Packs, Bear Rope Kit, Folding Camp Saw
Price: $70 UMD Student Members/$105 Others

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

Backcountry Ski Package
Back Country Ski Package, Skis, Poles, Own Winter Boots
Price: $100 UMD Student Members/$150 Others

Break Specials
Rent gear on March 5 or 6, and return it on March 16 and pay only the 7-day rate.

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

The University of Minnesota Duluth is an equal opportunity educator and employer. Recreational Sports Outdoor Program is a student service fee supported organization.