

# R SOP

Recreational Sports Outdoor Program *University of Minnesota Duluth*

*Summer 2017*



**YOUTH CAMP - WHITEWATER KAYAK & CANOE - SEA KAYAK - ROCK CLIMBING  
INSTRUCTOR CERTIFICATION - SPECIAL EVENTS - AQUATICS - FITNESS & WELLNESS**



*Active, Healthy Lifestyles & A Connection to the Outdoors*



# WELCOME TO RSOP!

We're excited to present our 2017 catalog filled with a summer of whitewater kayaking, canoeing, sea kayaking, rock climbing, instructor development, fitness, swim lessons and youth camps. Our goal is to serve the community and UMD students by offering experiences that incorporate exploration, challenge and fun. Custom courses are available in all of our disciplines and at all of our teaching sites if scheduled in advance. Browse our summer catalog and visit our website [umdrsop.org](http://umdrsop.org) for detailed information or give us a call at (218) 726-7128. First timers and veterans will find plenty of exciting things to choose from.

We look forward to seeing you this summer!



## HOURS OF OPERATION SUMMER 2017

MAIN OFFICE	Day	Hours
May 1-Aug 25 (153 SpHC)	Mon-Fri	8:00am-4:00pm
*RECREATION CENTER	Day	Hours
May 8-Aug 25	Mon-Fri	6:00am-6:00pm
RENTAL CENTER	Day	Hours
June 1-Aug 27 (154 SpHC)	Open Daily	12:00pm-6:00pm
POOL	Day	Hours
June 12-Aug 17 (Lap Swim)	Mon-Thr	12:00-1:30pm
June 16-Aug 11 (Lap Swim)	Fri	10:30am-1:30pm
June 17-Aug 13 (Lap Swim)	Sat/Sun	9:00-11:00am
June 13-Aug 17 (Open Swim)	Tue/Wed/Thr	7:00-8:00pm
ICE RINK	Day	Hours
Starts July 10	Mon-Fri	11:15am-12:45pm
FREE BOULDERING	Day	Hours
North Shore Wall	Mon-Fri	8:00am-4:00pm
SURF SHACK	Day	Hours
July 14, 21, 28, Aug 4, 11	Fri	3:00pm-8:00pm
July 15, 22, 29, Aug 5, 12	Sat	3:00pm-8:00pm
July 16, 23, 30 Aug 6, 13	Sun	Noon-6:00pm
CAMP GROUND	Open Daily	
Park & walk-in access is available May 29-August 27. Backpack thru-hiker access is available at any time.		

\*The Recreation Center includes the following:  
 Lower Level- Free Weights & Selectorized (SpHC 92)  
 Upper Level- Cardio (SpHC 157)  
 Jogging/Walking Track (SpHC 195)  
 Closed for maintenance August 15-19

## HOW TO REGISTER & RECEIVE INFO

### IN PERSON

Stop in 153 Sports and Health Center  
Monday– Friday 8am– 4pm

### PHONE

Call us at (218) 726–7128. If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach 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](http://www.umdrsop.org)

### E-MAIL

[rsop@d.umn.edu](mailto:rsop@d.umn.edu)

## ACCOMMODATIONS

The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request a 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, currently enrolled, full-time, Student Service Fee paying students will be allowed entry into the Recreational Facilities. Part-time or non Student Service Fee paying students may purchase a Membership in the RSOP Main Office.

### FACULTY, STAFF, ALUMNI, ALL OTHERS

Bring identification and payment (see Fee Structure on page 4) to RSOP Main Office 153 Sports and Health Center.

## PARKING

Parking is free from May 8 - August 27 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!

### COMMUNITY MEMBERS

Community members (non-UMD students/staff/faculty) are invited to participate in Outdoor Program activities as well as a variety of Fitness/Wellness programs, Aquatic programs and Open Skating. Community members ARE NOT eligible for a Membership except during the summer.

### YOUTH

Youth may participate in numerous RSOP offerings including the American Red Cross “Learn to Swim” 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. 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.

## PROFESSIONAL STAFF

### TIM BATES

ASSOCIATE DIRECTOR  
218–726–8743  
[tbates@d.umn.edu](mailto:tbates@d.umn.edu)

### KATHY FUHS

REGISTRATION & INFO  
218–726–7424  
[kfuhs@d.umn.edu](mailto:kfuhs@d.umn.edu)

### NOAH KRAMER

SPORT & OUTDOOR CLUBS  
YOUTH CAMPS  
218-726-7670  
[nekramer@d.umn.edu](mailto:nekramer@d.umn.edu)

### TED PATTON

NORTH SHORE SWIM CLUB  
218-726-6759  
[tpatton@d.umn.edu](mailto:tpatton@d.umn.edu)

### TRISTA VUCETICH ANDERSON

FITNESS/ WELLNESS  
218-726-8111  
[tvuceti1@d.umn.edu](mailto:tvuceti1@d.umn.edu)

### GREGG BATINICH

AQUATICS LCT & WSI  
218–726–6295  
[gbatinich@d.umn.edu](mailto:gbatinich@d.umn.edu)

### PAT KOHLIN

SEA KAYAKING, GRAPHICS  
218–726–8801  
[pkohlin@d.umn.edu](mailto:pkohlin@d.umn.edu)

### MICK MCCOMBER

DIRECTOR  
218-726-8868  
[mmccombe@d.umn.edu](mailto:mmccombe@d.umn.edu)

### STEVE PAULSON

EQUIPMENT MAINTENANCE  
218–726–6283  
[spaulson@d.umn.edu](mailto:spaulson@d.umn.edu)

### LORRY CARLSON

EXECUTIVE ACCOUNTS  
218–726–8594  
[lwalsh@d.umn.edu](mailto:lwalsh@d.umn.edu)

### RANDY CARLSON

KAYAK, CANOE, SURFING &  
SNOW KITING  
218–726–6177  
[rcarlso6@d.umn.edu](mailto:rcarlso6@d.umn.edu)

### LUCAS KRAMER

CLIMBING  
218–726–6257  
[lkramer@d.umn.edu](mailto:lkramer@d.umn.edu)

### NIKKI OLSON

FACILITIES & STUDENT  
DEVELOPMENT  
218–726–8329  
[nolson@d.umn.edu](mailto:nolson@d.umn.edu)

### JOEL SANDERSON

INTRAMURALS AND YOUTH  
CAMPS  
218–726–7648  
[jsander3@d.umn.edu](mailto:jsander3@d.umn.edu)

### ERIN ZOELLICK

REGISTRATION AND  
INFORMATION  
218–726–6533  
[ezoellic@d.umn.edu](mailto:ezoellic@d.umn.edu)



# PASSES & FEES

## MEMBERSHIP

Allows access to facilities during available hours (see schedule on following page). Facilities include: Jogging Track, Gymnasium, Tennis Courts, Weight Room, Cardio Room, Pool, Fieldhouse, and Ice Rink.

	ONE SEMESTER	SUMMER	ANNUAL
Full-Time UMD Student ·	Free	Free	N/A
Part-Time UMD Student	\$75	\$55	N/A
Area College Students	\$95	\$70	N/A
UMD Faculty/Staff ··			
UMD Faculty/Staff	\$90	\$65	\$204
Dependents 16 and over	\$90	\$65	\$204
Under 16 ···	\$65	\$50	\$125
Affiliate ···	\$110	\$75	\$230
UMD Alumni	\$140	\$100	\$295
UMD Alumni Dependents			
16 and over	\$140	\$100	\$295
Under 16 ····	\$90	\$55	\$180

- Currently enrolled Full Time UMD Students are assessed a student service fee that covers facility Membership for the current term. Your UCard is used to confirm eligibility.
- 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 \$25 per week available to organized on-campus conferences.

Faculty/Staff one month pass is available 1st day of month through last day: \$30

## GROUP FITNESS PASS

The group fitness program is for both UMD folks and community. Summer Classes run June 5 through August 3.

All of our instructors are nationally certified and highly motivated.

A Group Fitness Pass is required for participation.

Passes can be purchased in SpHC 153.

\$40 Students & UMD Facility Pass Holders \$60 Community Members & Non-Pass Holders

No Refunds. \$5 fee for lost passes

## POOL FEES

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

### 10-PUNCH PASS

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).

## ICE RINK PASS (for non-members)

One-time pass \$3

10-punch pass \$30

## SURF SHACK PASS

\$25/person same day rate or \$100/advance purchase rate for the five punch pass

## IDENTIFICATION NEEDED

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

## LOST PASS FEE

The replacement fee for a lost pass is \$5.

## 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.





**GROUP FITNESS**

Each summer, RSOP offers a variety of noon, summer fitness classes such as Sport Yoga, Cardio Express, Spin and Core Training, Pump and Tone. 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.

Monday - Thursday, June 5 - August 3  
 Meet: SpHC 96 (Gold room) unless indicated otherwise.

Passes can be purchased in SpHC 153.  
 Cost: See Passes & Fees on page 3

**PERSONAL TRAINING**

Whether you want to train for health improvement, sport specific activities, body fat loss, or just want to feel better, let our trainers help you. Call today for a free consultation. A typical personal training session may include a 10-minute warm-up on stationary bike, a 30-minute specific body-toning workout with weights and a 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.

**SENIOR SUMMER FITNESS**

RSOP invites senior summer residents to use the facilities during all open hours. Just show your name tag. Check your welcome packets for fitness and outdoor classes designed for you.



**NSSC MASTERS SWIM PROGRAM**

May 8 - August 4, 2017

Meets: Monday - Friday 6:30-8am

This course is designed for swimmers, triathletes, and those new to aquatic sports over the age of 25 years. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Triathletes are welcome to take advantage of the "North Shore Swim Club Punch Pass" (\$65), good for three months, and use the pool time to sharpen their swimming skills.

Cost: \$250





## "UMD KIDSROCK" SUMMER CAMP



The UMD KIDSROCK program offers 9-weeks of summer camp for children ages 5-15 years old with additional one-week Specialty Camps for kids 8-12 years old, and a Junior Counselor Program for teenagers, 15-18 years old. Each week of camp offers a new mix of themed events (Color Week, Zoo Week, Olympic Week, etc.) which include exciting games and activities for kids of all ages! Activities might include indoor rock climbing, bowling, canoeing, swimming, outdoor rock climbing, talent show, nature adventures, arts & crafts, paddle boarding, non-competitive team sports, puzzle games and much more! The registration fee includes all equipment, art supplies, instruction and a camp T-shirt. Transportation to and from camp must be provided for each campers as well as bag lunch/snacks, swimsuit/goggles, towel, hat, tennis shoes, and appropriate indoor/outdoor clothing for daily activities and weather conditions. As part of the Registration Packet you will receive camp information (items to bring, camp rules, directional maps, camp itinerary, etc.) and participant forms to complete for each youth participant (health forms, swim form, etc.).!

### REGISTRATION DAY!

Registration for UMD KIDSROCK will begin on **March 25th** during the Northland Community Wellness Day in the UMD Romano Gymnasium (10:00am-2:00pm). All camp purchases made during the community Wellness event, will receive the UMD Faculty & Staff 5% discount, PLUS an additional 5% off, for early registration, on the final cost. Registration is based upon first come, full payment basis; please visit the RSOP website for details on our camp Registration Policy and Cancellation Policy (a payment plan option is available).

### POST CAMP PROGRAM

The Post Camp program is for guardians that need to pick up their child later than the scheduled check-out time of 4:45pm. The Post Camp program will be staffed by RSOP youth camp staff and is designed to be a supervised play time for kids to have fun and hangout while waiting for their ride home (until 5:30pm). You may sign your child up for Post Camp when registering for KIDSROCK at a cost of \$15.00 per week. Any participant not registered for the Post Camp Weekly Fee that is picked up after 4:45pm will be charged the Post Camp Daily Fee of \$5 per occurrence; for more details concerning the Post Camp program, please visit the RSOP website.

### JUNIOR COUNSELOR PROGRAM

The Junior Counselor (JC) program offers 15-18 year olds an opportunity to experience the responsibilities of camp operations in a fun learning environment. Those interested in applying to be a KIDSROCK JC this summer will need to take initiative by visiting the RSOP website to print an application and following the application process. Deadline to submit a JC Program application is before May 20th, 2017. The weekly registration fee is \$95.00, and includes camp training with American Red Cross certifications in First Aid and CPR. For more information concerning the JC program, please visit the RSOP website, or email [kidsrock@d.umn.edu](mailto:kidsrock@d.umn.edu) with your questions.



**CLASSIC CAMP** (5-12yo) - offers nine, 1 week-long, camps that provide an exciting environment for children to be active, creative, and learn within small age-appropriate groups. Weekly themes include carnival days, animals, talent show, Minnesota days, and many more (limit 50 campers/week).

**VENTURE CAMP** (12-15yo) - offers nine, 1 week-long, camps that provide a stimulating social and active environment with age-appropriate weekly programming for young teenagers that include leadership, outdoor exploration, health and wellness, science/technology, and many more (limit 20 campers/week).

**CLIMBING CAMP** (8-12yo) - offers two, 1 week-long, camps that provide campers firsthand experience, training, knowledge, skills, and practice in climbing indoor and outdoor for all levels and abilities (limit 14 campers/week). Camper will utilize the two indoor climbing walls at UMD and take climbing trips to Ely's Peak, Silver Cliff, and Whoopee Wall.

**BIKING CAMP** (8-12yo) - offers two, 1 week-long, camps that provide campers firsthand experience, training, knowledge, skills, and practice in road biking and trail riding for all levels and abilities (limit 14 campers/week). Campers will ride their bikes around UMD Campus, through Hartley Park and Lester Park trails and the many other local bike trails.

**RIVER CAMP** (8-12yo) - offers two, 1 week-long, camps that provide campers firsthand experience, training, knowledge, skills, and practice in paddle sports and river activities for all levels and abilities (limit 14 campers/week). Campers will explore and learn about the local rivers and Lake Superior while canoeing, paddle boarding and enjoy other paddle sports.

**JC PROGRAM** (15-18yo) - offers teenagers and young adults an opportunity to experience the responsibilities of camp operations in a fun learning environment.

Please send your questions about UMD KIDSROCK to [kidsrock@d.umn.edu](mailto:kidsrock@d.umn.edu)  
Visit the RSOP website for more details about each camp - [www.umdrsop.org](http://www.umdrsop.org)

## KIDS ROCK SUMMER DAY CAMP SCHEDULE 2017

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
	June 12-16	June 19-23	June 26-30	July 5-7	July 10-14	July 17-21	July 24-28	July 31-Aug 4	August 7-11
CLASSIC CAMP (5-12yo)	\$170	\$170	\$170	\$100	\$170	\$170	\$170	\$170	\$170
VENTURE CAMP (13-15yo)	\$170	\$170	\$170	\$100	\$170	\$170	\$170	\$170	\$170
CLIMBING CAMP (8-12yo)		\$210				\$210			
BIKING CAMP (8-12yo)			\$210				\$210		
RIVER CAMP (8-12yo)					\$210			\$210	
POST-CAMP	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00

### DAILY SCHEDULE

DROP-OFF 7:45 – 9:00am  
KIDSROCK 9:00am – 4:00pm  
PICK-UP 4:00-4:45pm  
POST CAMP 4:45 – 5:30pm

### REWARDS & DISCOUNTS

Discounts valid through June 12, 2017  
**Registration Day Discount** - 10% off camp registration purchases made on March 25th, 2017.  
**\*UMD Faculty/Staff Discount** – 5% off final cost for all current UMD Faculty & Staff members.  
**\*Multiple Week Discount** – \$10.00 discount; once a participant registers for three weeks of camp each additional week of camp for that participant thereafter will be discounted by \$10.00; discount can only be applied to the camper registered.





# AQUATICS



## LAP AND OPEN SWIM SCHEDULE JUNE 12-AUGUST 17, SUMMER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Lap Swim 10:45am-1:30pm	Lap Swim 9:00-11:00am	Lap Swim 9:00-11:00am
Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm			
	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm			

A Lap/Open Swim Punch Card is required for entry to all Lap & Open Swims unless you have an RSOP Membership. Prices: Youth (16 & under) & Seniors (55 & up) \$30 / Adults \$40. The card is good for 10 individual visits



### OPEN WATER SCUBA COURSE

The Open Water Scuba class covers the basics of scuba diving with classroom and pool instruction. When finished with the four class sessions, you can get "Open Water Certified" by completing four open water dives in late Spring or Summer. Dates of the four summer Open Water Certification Dives will be determined by weather conditions.

### SUNDAYS, 3-6PM

JULY 23, 30, AUGUST 6, 13

### UMD POOL

**COST:** \$150 includes four 3-hour pool sessions, text material and equipment use. If you choose to attain the Open Water Training Certification, there is an extra \$150 fee.

This fee includes:

- 4 Open Water Check-Out Dives
- All your equipment and air
- Certification Administrative fees.

**PACKAGE DEAL COST:** \$270 includes

- Four 3-hour pool sessions
- Text Material

-All your equipment and air  
-Four Open Water Check-Out Dives  
-Certification Administrative fees  
These courses are taught by Elmer Engman. Elmer is an instructor for the Professional Association of Diving Instructors, Scuba Educators Intl., and the Public Safety Diving Association. For more information contact Elmer at: [Vikingdiver@mchsi.com](mailto:Vikingdiver@mchsi.com).

To register for this course call the RSOP office at 218-726-7128 or stop by 153 Sports & Health Center.

## 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	\$45/hr	2 Guards
21-35 Patrons	\$60/hr	3 Guards
36-50 Patrons	\$80/hr	4 Guards
51-75 Patrons	\$100/hr	5 Guards

Contact Gregg Batinich at 218-726-6295, [gbatinic@d.umn.edu](mailto:gbatinic@d.umn.edu) to reserve the pool.





### 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 prerequisites.

Cost: \$275 / Pocket mask included with course fee

#### SESSION 1:

**FRIDAY, MARCH 31, 6-9PM**  
**SATURDAY, APRIL 1, 9-5PM**  
**SUNDAY, APRIL 2, 9-5PM**  
**SATURDAY, APRIL 8, 9-5PM**  
**SUNDAY, APRIL 9, 9-5PM**

#### SESSION 2:

**FRIDAY, MAY 12, 6-9PM**  
**SATURDAY, MAY 13, 9-5PM**  
**SUNDAY, MAY 14, 9-5PM**  
**SATURDAY, MAY 20, 9-5PM**  
**SUNDAY, MAY 21, 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

#### MEETS FROM 9AM-5PM AT THE UMD POOL

**SESSION 1: SUNDAY, FEBRUARY 19**  
**SESSION 2: SUNDAY, MARCH 19**  
**SESSION 3: SUNDAY, APRIL 23**  
**SESSION 4: SUNDAY, JUNE 11**

For inquires pertaining to swimming prerequisites and information about either of these courses, please contact Daniel Janasz (LGI): [djjanasz48@gmail.com](mailto:djjanasz48@gmail.com)

## NORTH SHORE SWIM CLUB

### SUMMER SEASON = JUNE 12 - AUGUST 4

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

Monday-Friday: 8-10am

Monday-Thursday: 3-5pm

Friday: 4-6pm

Saturday: 7-9am

### PRICING

NSSC Stroke Intermediate/Advanced Monthly Fee

1st Family Swimmer \$80

2nd Family Swimmer \$70

3rd Swimmer & up \$60

NSSC Training Intermediate/Advanced Monthly Fee

1st Family Swimmer \$90

2nd Family Swimmer \$80

3rd Swimmer & up \$70

Required USA Swimming Fees

Year Round = \$64

Summer Season = TBD

### 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](mailto:tpatton@d.umn.edu).

### NSSC MASTERS SWIM PROGRAM

The course is designed for swimmers, triathletes, and those new to aquatic sports, college age or over the age of 25 years. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Students and others are welcome to take advantage of the "North Shore Punch Pass" (\$65) which is good for 3 months and has 12 punches.

**Summer Session: May 8 - August 4, 2017**

Meets: Monday-Friday, 6:30-8am

Cost: \$250 per session



# UMD RSOP AQUATICS SWIM LESSON SCHOOL

Proudly serving generations of Northland families with the highest quality American Red Cross Swim Lesson instruction for over 23 years.

- > Toddler, Youth & Adult Lessons
- > Small Class Sizes
- > Experienced American Red Cross Certified Water Safety Instructors
- > Up To 6 Levels Every 1/2 Hour
- > Private and semi-private swim lessons are available for youths and adults
- > Private lessons are also available for students with special needs



**DAN**  
LG Supervisor



**SOMMER**  
WSI Supervisor

## SWIM LESSON SCHEDULE SUMMER 2017

Session	Dates	# of Lessons	Registration Deadline	Fee
Session 1	June 12-15, 19-22	8, 30min lessons	am lessons: 4pm, June 9 pm lessons: noon, June 12	\$68
Session 2	June 26-29, July 5-6	6, 30min lessons	am lessons: 4pm, June 23 pm lessons: noon, June 26	\$51
Session 3	July 10-13, 17-20	8, 30min lessons	am lessons: 4pm, July 7 pm lessons: noon, July 10	\$68
Session 4	July 24-27, 31, Aug 1-3	8, 30min lessons	am lessons: 4pm, July 21 pm lessons: noon, July 24	\$68
Session 5	August 7-10, 14-17	8, 30min lessons	am lessons: 4pm, Aug 4 pm lessons: noon, Aug 7	\$68

AM Times	PM Times	Levels
10:00-10:30am	5:00-5:30pm	L1, L2, L3, L4*, L5*, L6*
10:30-11:00am	5:30-6:00pm	PS1, PS2, L1, L2, L3
11:00-11:30am	6:00-6:30pm	PS2, PS3, L1, L2, L3
11:30-12:00pm	6:30-7:00pm	PC 1/2, PS1, PS2, L1, L2, L3

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

### \*NORTH SHORE SWIM CLUB PRE-TEAM (LEVELS 4, 5, 6)

North Shore Swim Club now instructs all pre-team levels 4, 5, 6. All coaches are American Red Cross Water Safety Instructor certified, and are Level 1 & 2 certified by the American Swim Coaches Association. For entry into level 4, swimmers must have passed our level 3 course. For those swimmers who have passed a level 3 course from another curriculum, a pre-test is required. The pre-test will be given by the instructor the first day of class. For more information contact Coach Ted Patton 218-726-6759, tpatton@d.umn.edu.

For swim lesson questions please contact Student WSI Supervisor Sommer Heikkila:  
heikk110@d.umn.edu, Phone: 218-726-6516.

To register for swim lessons call the RSOP office at 218-726-7128  
or stop by 153 Sports & Health Center.

Registration begins May 17 at 8am! Please check our website for complete swim lesson descriptions. There are no cash refunds. Exceptions will be considered on a case by case basis. If a refund is approved, it will be in the form of credit toward a future session of lessons.

## PRIVATE AND SEMI-PRIVATE LESSONS

We offer private lessons, semi-private swim lessons, and lessons for students with special needs. All scheduling of these lessons are worked out between the Water Safety Instructor and the guardian of the student to ensure you get the best times to fit your busy schedule. For more information about our Private Swim Lesson program and to check availability, please contact Student WSI Supervisor Sommer Heikkila: heikk110@d.umn.edu, Office Phone: 218-726-6516.

Parking is free from May 9 - August 28 in Pay-Lot G which is accessed from St. Marie Street by turning onto University Drive.





RSOP courses are staffed by experienced, motivated and enthusiastic instructors, dedicated to teaching paddlers to become skillful and self-sufficient. All courses blend paddling skill development, risk management training and technical information to help you establish the judgement needed to have a fun and safe day on the water. We recommend planning in advance to secure your desired date (August dates are especially limited).

## WHITewater PADDLING COURSES

### POOL BASED KAYAK BRACING & ROLLING

Learn the best method of kayak self-rescue. In this 4-hour session we will lay the foundation of the roll through drills that develop your hip snap and overall comfort in a kayak. Bring your own kayak or use one of ours.

Call to arrange a date for your group.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

### CLASS I-II WHITewater KAYAK RIVER RUNNING

This three day intensive is for those who have never paddled a kayak before or wish to measure their understanding of the basics. You will learn about equipment design, stroke techniques, rescues, maneuvering skills, kayak rolling, as well as moving water safety and river hydrology. We will start with learning strokes on flatwater, progress to moving water maneuvers and combine it all during a whitewater river running experience on day three.

Meet at the Outpost 9am-4pm.

Call to arrange a date for your group.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

### WHITewater KAYAK RIVER TUNE-UP

Spend a day on Class I-II whitewater polishing your river maneuvers. The tune-up is for paddlers who want more instructor guidance after a Level 1 course or want to tune-up their river reading, ferries, eddy turns, peel outs, and rolls before taking Level 3 courses. It is also a great way to demo a boat. Call for kayak model availability.

Call to arrange a date for your group.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

### CLASS I-II RIVER TRIPPING TANDEM & SOLO WHITewater OPEN CANOE COURSE

Take your Boundary Waters tripping to a new level. Learn the skills it takes to travel down a whitewater river in royalex tripping canoes. This two-day intensive course is for those who have never paddled a canoe before or

have paddled flatwater only. Have fun learning about equipment design, stroke technique, maneuvering, river hazards and rescues. This course will teach you river tripping techniques used to paddle a loaded canoes down the river. Tripping canoes are outfitted with thigh straps and flotation bags to enhance your safety and learning on flatwater through Class II whitewater.

Call to arrange a date for your group.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

### WHITewater CUSTOM COURSES:

Call to arrange a date for your group.

\$175/person/day (2-3 people)

\$150/person/day (4-6 people)

1. Class II-III Whitewater Tandem & Solo Canoe Playboating: Moving towards efficient communication and river play.
2. Class II-III Whitewater Kayak River Running: Learn to paddle down a challenging river safely and efficiently.
3. Rodeo Freestyle Whitewater Kayak Playboating: Learn to play the river!



## SEA KAYAKING COURSES AND TRIPS

### ST. LOUIS RIVER AND LAKE SUPERIOR ECO-KAYAK TOURS

Discover the unique natural and cultural history of the Lower St. Louis River, the United States' largest Lake Superior tributary and Lake Superior, the world's largest lake by surface area. Choose from three different beginner level tours: The Historic Fond du Lac Riverfront and Birding Tour, the Duluth Waterfront Tour and the Duluth North Shoreline Tour. Use your choice of sea kayak and enjoy access to a stand-up paddleboard during the tour. We'll begin with a basic introduction and incorporate on-water instruction throughout the three to six mile tour. We will paddle rain or shine and the weather conditions of the day will determine the degree of difficulty. Children aged six and above are welcome to participate in a tandem kayak with an adult. Meets at the UMD Boat Shed. Approximately 4 hours. Call to arrange a date for your group. \$50/person/day (2-3 people) \$45/person/day (4-6 people)

### BASIC SEA KAYAK STROKES AND RESCUES , 1-DAY FORMAT

Learn the basics in a day filled with wet exits, paddle strokes, braces, solo and assisted rescues. Our ACA certified instructors will teach you the paddling strokes and rescues most common to sea kayaking. Using the skills learned in this class, you will be able to safely guide your kayak to the places you love to explore. Prepare for a rigorous day of kayaking. Be ready to get wet, work hard and have fun! Meets at the UMD Boat Shed 9am-5pm. Call to arrange a date for your group. \$175/person/day (2-3 people) \$150/person/day (4-6 people)

### POOL BASED KAYAK BRACING & ROLLING

Learn the best method of kayak self-rescue. We will lay the foundation of the roll through drills that develop your hip snap and overall comfort in a kayak. Bring your own kayak or use one of ours. Call to arrange a date for your group. \$175/person/day (2-3 people) \$150/person/day (4-6 people)

### BASIC SEA KAYAK STROKES AND RESCUES, 2-DAY FORMAT

Cover much of the same material as our 1-day course, but at a more relaxed pace. Day one will be spent learning strokes and rescues along with risk management strategies for paddling in mixed boat traffic. On day two we will paddle under the Aerial Lift Bridge and thru the ship canal to work on navigation and trip leading skills on the big lake. Meets at the UMD Boat Shed 9am-3pm. Call to arrange a date for your group. \$205/person (2-3 people) \$190/person (4-6 people)

### APOSTLE ISLANDS SEA KAYAKING

The Apostle Islands are a beautiful series of islands that spread out into Lake Superior at the northern end of Wisconsin. In your sea kayak, you can explore secluded beaches, sea caves, cliffs and old growth forests. Paddle the largest freshwater lake in the world with us while learning navigation and risk management skills. Participants will be active in all aspects of the course, including rescues! This is a 4-day paddling and wilderness camping trip. Call to arrange a date for your group. \$450/person/(2-3 people) \$425/person/(4-6 people)





## INSTRUCTOR CERTIFICATION 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 19-21, Meet at the Outpost, 9am-4pm

Cost: \$318 UMD Students/\$362 Others

### AMERICAN CANOE ASSOCIATION COASTAL KAYAK L1-L2 ICW

The Instructor Certification Workshop is designed to train Instructor Candidates at Level 1: Introduction to Kayaking and up to Level 2: Essentials of Kayak Touring. Candidates will prepare lessons, practice teach, analyze videotape, refine strokes, improve sea kayaking skills and complete skills exam on protected waters. Upon certification, you can teach ACA courses and obtain ACA insurance. Facilitated by Instructor Trainer - Pat Kohlin.

June 1-4, Meet at the UMD Boat Shed, 9am-6pm

\$377 UMD Students/\$420 Others

### AMERICAN CANOE ASSOCIATION STAND-UP PADDLEBOARD DW/ICE (L1-L2)

This workshop is designed to develop and evaluate experienced stand-up paddleboard Instructor Candidates. We will prepare lessons, develop our teaching methods, analyze videotape and refine paddling skills on flatwater, in river current and on Lake Superior. Facilitated by Instructor Trainer - Randy Carlson and assistants. Meet at the Outpost

June 22-25, 9am-9pm

Cost: \$377 UMD Students/\$420 Others

### AMERICAN CANOE ASSOCIATION STAND-UP PADDLEBOARD L3 OPEN WATER COASTAL INSTRUCTOR UPGRADE

This multi-day instructor course is designed for ACA Level 2 Essentials of SUP instructors who want to upgrade to Level 3 Open Water Coastal SUP. Prepare lessons, practice teaching, analyze videotape, refine strokes, improve coastal paddling skills and complete skills exam. Facilitated by Instructor Trainers - Randy Carlson and Steve Schearer. Meet at the UMD Boat Shed.

JULY 8-9, 9am-9pm

Cost: \$195 UMD Students/\$225 Others

## 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.

\$25/person same day rate or \$100/advance purchase rate for the five punch pass.

Fridays: July 14, 21, 28, Aug 4, 11

Saturdays: July 15, 22, 29, Aug 5, 12

3-8pm

Sundays: July 16, 23, 30, Aug 6, 13

Noon-6pm

### LESTER RIVER SUMMER SEASON PASS

Paddle more, learn more and save! SUP, Prone Paddleboard, Surf Ski & Sit-On-Top Kayak Paddling on Lake Superior. Take advantage of progressive instruction for the whole summer. Season pass holders enjoy early access to equipment and advanced instruction from 2-3pm on scheduled Friday and Saturday sessions.

\$60 UMD Students/\$125 Others



## CLIMBING



### KAYAK & CLIMB COMBO DAY

Sea Kayaking and Climbing in Duluth  
Plan a full day of fun and exploration on Lake Superior and on the cliffs near Duluth. We'll spend the morning rock climbing amid the friendly climbs in the forests of Ely's Peak followed by a waterfront picnic lunch. The afternoon will be spent sea kayaking the Duluth Waterfront. Meets 9am-5pm.

Call to arrange a date for your group.

\$175/person (2-3 people)

\$150/person (4-6 people)

### FAMILY CLIMBING OUTINGS

Rock climbing is a great way for families to be active and have fun together. Call at least five days in advance and set up your own 3-hour morning or afternoon session. Our experienced and friendly instructors will guide you through the process.

Call to arrange a date for your group.

\$45/person (2-3 people) \$40/person (4-6 people)



### NORTH SHORE ROCK CLIMBING

Experience a day of climbing on the beautiful sea cliffs above Lake Superior. Beginners are welcome. No experience is necessary for this fun and friendly climbing outing. Meets 10am-4pm.

Call to arrange a date for your group.

\$110/person (2-3 people) \$100/person (4-6 people)

### CLIMBING SESSIONS FOR YOUR GROUP

Groups of up to 15 people can reserve the climbing walls for private sessions. Equipment and customized instruction based on your group's goals are provided. Call to arrange a date for your group. \$80/hour/group for a 1, 1.5 or 2 hour block.

### BIRTHDAY PARTIES ON THE WALL

Great fun for kids ages 7 and up! Parties include private use of the climbing wall, instruction, equipment, treats hidden on the wall for climbers to find and a free climbing session pass for the birthday person. Max group size is 12.

Call to arrange a date for your group.

\$85/hour/group for a 1, 1.5 or 2 hour block.

### PROFESSIONAL CLIMBING INSTRUCTORS' ASSOCIATION CERTIFICATION COURSES

PCIA certification courses are ideally suited for top rope instructors who work at camps, schools in our region or in climbing instructional settings around the world. Check our website later this summer for Fall 2016 course dates and prices.





Canoeing on Rock Pond in Bagley Nature Area.

## BAGLEY NATURE AREA CAMPGROUND



Welcome to the brand new, walk in campground in Bagley Nature Area, right on the UMD Campus. This tents-only campground offers 6 rustic campsites, surrounded by forests. Enjoy hiking on the wood-chipped trails, explore the forests, and discover tent-camping. Close to the Superior Hiking Trail. Park & walk-in access is available May 30-August 28,2016. Backpack thru-hiker access is available at any time. Located at 1737 Bayview Avenue in Dulth. For reservations call 218-726-6134.

\$25/night

In association with our Rental Center, packages are available for all of the camping gear you need. Tents, stoves, sleeping bags, cook kits and more! Contact the Rental Center for details at 218-726-6134. Also, our Bagley Park Ranger, will be providing nature education programs and activities on the weekends for campers and other visitors (see info at right). A great way to introduce your family to the outdoors!

### OUTDOOR EQUIPMENT RENTAL

Available for Anyone!

Bikes - Paddleboards - Camping Gear - Climbing Gear - Canoes - Kayaks....and so much more! Open Monday - Sunday 12:00pm-6pm at 154 Sports and Health Center on the UMD Campus.

[umdrsop.org/rental](http://umdrsop.org/rental) 218-726-6134

### BAGLEY NATURE PROGRAMS

Our Bagley Park Ranger will be providing outdoor and nature education programs on a regular basis throughout the summer (Memorial Day through mid-August).

These regular programs may include canoeing on Rock Pond, nature hikes, Camping 101, birding, family hikes, and more. Go to [umdrsop.org](http://umdrsop.org) for the full schedule (after Memorial Day).

# EQUIPMENT RENTAL

## EQUIPMENT RENTAL CENTER 154 SPHC

OPEN DAILY: 12-6pm, June 1-August 27

Closed Tuesday, July 1

### 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-Mon

### BOUNDARY WATERS WEEKEND

Royalex Canoe w/paddles, pfd's, 3 Duluth Packs, Bear Rope Kit, Folding Camp Saw  
Price: \$70 UMD Students/\$105 Non-students

### BACKPACKING WEEKEND

2 Backpacks  
Price: \$40 UMD Students/\$60 Non-students

### SEA KAYAKING WEEKEND

Kayak(s) for two people w/paddles, pfd's, Wetsuits, Pump, Paddle float, 4 Dry Bags  
Price: \$100 UMD Students/\$150 Non-students

### 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.

UNIVERSITY OF MINNESOTA DULUTH  
Driven to Discover

The University of Minnesota Duluth is an equal opportunity educator and employer.

## RENTAL ITEMS & LIST PRICES (LP)

UMD STUDENTS GET 10% DISCOUNT ON ALL EQUIPMENT

TENTS & SHELTERS	LP	MISCELLANEOUS	LP
1 person tent (Eureka)	6.5	Slackline Kit	4
2 person tent (Marmot)	8	Trowel	.50
3 person tent (Marmot)	9.5	Head Lamp	2
4 person tent (Marmot)	12	First Aid Kit	3
Rain Tarp (10x14) or (9x12)	4	Bear Rope Kit	2
Camping Hammock w/tarp & bug net	7	LED Lantern (Crank)	2
STOVE/ COOKING GEAR	LP	Folding Camp Saw	1.5
2 Burner Stove (Coleman)	4	Binoculars	2
1 Burner Stove (Coleman)	3.5	Compass (Orienteering Style)	1
Isobutane Stove (Optimus Vega)	3.5	CLIMBING INDOOR/ OUTDOOR	LP
Alcohol Stove	2	Rock Shoes	2
Cook Kit (Lg) up to 10 people	2.5	Climbing Harness	2
Cook Kit (Md) up to 6 people	2.5	Climbing Helmet	2
Cook Kit (Sm) up to 3 people	2	Crash Pad	5
Utensil Kit	1	CANOES ( May 16-Oct 31) Includes 2 paddles, 2 pfd's and tie down kit	LP
Fuel Bottle	.50	Aluminum Canoe (Alumacraft)	20
White Gas Fuel 22oz or 32oz	3/4	Royalex Canoe (Wenonah)	24
ISObutane Fuel Canister 4oz or 8oz	5/7	Solo Royalex River Tripping Canoe	22
Water Filter (Ceramic)	5	Plastic Paddle	2
FISHING	LP	PFD/Life Jacket	3
Spin Casting Rod/Reel Combo (Collapsible)	2	SEA KAYAKS (May 16-Oct 5) wetsuit, skirt, paddle, pfd, pump, paddle float, tie down kit	LP
Chest Waders	4	Single Kayak	40
Smelting Net	5	Tandem Kayak	65
PACKS	LP	RECREATIONAL KAYAKS	LP
Backpack (Granite Gear)	4.5	Single Recreational Kayak	18
Duluth Pack #3 or #4	3/4	STAND UP PADDLEBOARD (May 16-Oct 5)	LP
SLEEPING BAGS	LP	Board, Paddle, PFD, Wetsuit, Tie Down Kit, Leash	30
Sleeping Bag (to 35 F)	3.5	TRANSPORTATION	LP
Sleeping Bag (to 20 F)	4.5	Canoe Trailer	37
Sleeping Bag (to 0 F)	4.5	*Mountain Bike / 29er	20
Self Inflating Pad	2	*City/Path Bike	14
Closed Cell Foam Sleeping Mat	1	Buck-A-Bike (Same Day Return)	1
SPORT EQUIPMENT	LP	*Fat Bike	35
Disc Golf driver, putter Free UMD students/\$1 Others		Fender Blender Bike (organized groups only)	20
Kickball Kit	5		
Dodgeball Kit	5		
CLOTHING	LP		
Rain Jacket	3		
Rain Pants	3		
Wetsuit, PFD, Paddling Jacket pkg.	9		
Wetsuit	6		