Summer 2017

Recreational Sports Outdoor Program University of Minnesota Duluth

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

Active, Healthy Lifestyles & A Connection to the Outdoors
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 umdrspop.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

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

E-MAIL
rsop@d.umn.edu

ACCOMMODATIONS
The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request 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

KATHY FUHS
REGISTRATION & INFO
218–726–7424
kfuhs@d.umn.edu

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

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

PAT KOHLIN
SEA KAYAKING, GRAPHICS
218–726–8801
pkohlin@d.umn.edu

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

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

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

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

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

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

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

LORRY CARLSON
EXECUTIVE ACCOUNTS
218–726–8594
lwalsh@d.umn.edu

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

ERIN ZOELLICK
REGISTRATION & INFORMATION
218–726–6533
ezoellic@d.umn.edu
**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.

<table>
<thead>
<tr>
<th>ONE SEMESTER</th>
<th>SUMMER</th>
<th>ANNUAL</th>
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<tbody>
<tr>
<td>Full-Time UMD Student</td>
<td>Free</td>
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</tr>
<tr>
<td>Part-Time UMD Student</td>
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<td>$55</td>
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<tr>
<td>Area College Students</td>
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<td>UMD Faculty/Staff</td>
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<td>$65</td>
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<tr>
<td>Dependents 16 and over</td>
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<td>$65</td>
</tr>
<tr>
<td>Under 16</td>
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<td>$50</td>
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<tr>
<td>Affiliate</td>
<td>$110</td>
<td>$75</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
</tr>
<tr>
<td>UMD Alumni Dependents</td>
<td>$140</td>
<td>$100</td>
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<tr>
<td>16 and over</td>
<td>$140</td>
<td>$100</td>
</tr>
<tr>
<td>Under 16</td>
<td>$90</td>
<td>$55</td>
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- 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.

- 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
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 Cancelation 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 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
Visit the RSOP website for more details about each camp - www.umdrsop.org

KIDS ROCK SUMMER DAY CAMP SCHEDULE 2017

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
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<tbody>
<tr>
<td>June 12-16</td>
<td>June 19-23</td>
<td>June 26-30</td>
<td>July 5-7</td>
<td>July 10-14</td>
<td>July 17-21</td>
<td>July 24-28</td>
<td>July 31-Aug 4</td>
<td>August 7-11</td>
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<tr>
<td>CLASSIC CAMP (5-12yo)</td>
<td>$170</td>
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<td>$100</td>
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<tr>
<td>VENTURE CAMP (12-15yo)</td>
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<tr>
<td>CLIMBING CAMP (8-12yo)</td>
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<tr>
<td>RIVER CAMP (8-12yo)</td>
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<td>$210</td>
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<tr>
<td>POST-CAMP</td>
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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

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.

OPEN WATER SCUBA COURSE

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Lap Swim 12:00-1:30pm</td>
<td>Lap Swim 12:00-1:30pm</td>
<td>Lap Swim 12:00-1:30pm</td>
<td>Lap Swim 12:00-1:30pm</td>
<td>Lap Swim 10:45am-1:30pm</td>
<td>Lap Swim 9:00-11:00am</td>
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<tr>
<td>Open Swim 7:00-8:00pm</td>
<td>Open Swim 7:00-8:00pm</td>
<td>Open Swim 7:00-8:00pm</td>
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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.

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.
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 to reserve the pool.
**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

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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. Pre-requisites: Must be 15 years of age and pass certain swimming prerequisites.

Cost: $275 / Pocket mask included with course fee

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**LIFEGUARD REFRESHER COURSE**

The purpose of this course is to review, check-off and recertify 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:**

**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**

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**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

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

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**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.

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**NORTH SHORE SWIM CLUB**

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**NORTH SHORE SWIM CLUB**

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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

### SWIM LESSON SCHEDULE SUMMER 2017

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

**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).

**WHITESTREAMER 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 who 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)

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)

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)

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

(218)726-7128 | umdrosop.org
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.
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 Duluth.

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!
EQUIPMENT RENTAL CENTER 154 SPHC
OPEN DAILY: 12-6pm, June 1-August 27
Closed Tuesday, July 4

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) LP x 2
Extended Weekend:
- (Thu-Mon) LP x 3
Week (up to 7 days)=LP x 4
10 days = LP x 5
14 days = LP x 6
*2 hour = LP X 0.33 ·
*6 hours = LP x 0.66 ·
*Only certain items are available for rent for 2 or 6 hours.

WEEKEND PACKAGES FOR TWO
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.

UMD
University of Minnesota Duluth
Driven to Discover
The University of Minnesota Duluth is an equal opportunity educator and employer.

<table>
<thead>
<tr>
<th>TENTS &amp; SHELTERS</th>
<th>LP</th>
<th>MISCELLANEOUS</th>
<th>LP</th>
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<tbody>
<tr>
<td>1 person tent (Eureka)</td>
<td>6.5</td>
<td>Slackline Kit</td>
<td>4</td>
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<tr>
<td>2 person tent (Marmot)</td>
<td>8</td>
<td>Trowel</td>
<td>.50</td>
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<tr>
<td>3 person tent (Marmot)</td>
<td>9.5</td>
<td>Head Lamp</td>
<td>2</td>
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<tr>
<td>4 person tent (Marmot)</td>
<td>12</td>
<td>First Aid Kit</td>
<td>3</td>
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<tr>
<td>Rain Tarp (10x14) or (9x12)</td>
<td>4</td>
<td>Bear Rope Kit</td>
<td>2</td>
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<tr>
<td>Camping Hammock w/tarp &amp; bug net</td>
<td>7</td>
<td>LED Lantern (Crank)</td>
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<thead>
<tr>
<th>STOVE/COOKING GEAR</th>
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<tbody>
<tr>
<td>2 Burner Stove (Coleman)</td>
<td>4</td>
</tr>
<tr>
<td>1 Burner Stove (Coleman)</td>
<td>3.5</td>
</tr>
<tr>
<td>1 Burner Stove (Optimus Nova)</td>
<td>3.5</td>
</tr>
<tr>
<td>1 Burner Stove (MSR Dragonfly)</td>
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<tr>
<td>Isobutane Stove (Optimus Vega)</td>
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<tr>
<td>Alcohol Stove</td>
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</tr>
<tr>
<td>Cook Kit (Lg) up to 10 people</td>
<td>2.5</td>
</tr>
<tr>
<td>Cook Kit (Md) up to 6 people</td>
<td>2.5</td>
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<tr>
<td>Cook Kit (Sm) up to 3 people</td>
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<tr>
<td>Utensil Kit</td>
<td>1</td>
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<tr>
<td>Fuel Bottle (empty)</td>
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<tr>
<td>Fuel 22oz (White Gas)</td>
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<tr>
<td>Fuel 32oz (White Gas)</td>
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<tr>
<td>ISobutane Fuel Canister 4oz</td>
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<td>ISobutane Fuel Canister 8oz</td>
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<td>Water Filter (Ketadyne Ceramic)</td>
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<th>FISHING</th>
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<tr>
<td>Spin Casting Rod/Reel Combo (Collapsible)</td>
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<tr>
<td>Chest Waders</td>
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<tr>
<td>Smelting Net</td>
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<tr>
<td>Backpack (Granite Gear)</td>
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<tr>
<td>Duluth Pack #3 or #4</td>
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<tr>
<th>SLEEPING BAGS</th>
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<tr>
<td>Sleeping Bag (to 35 F)</td>
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<tr>
<td>Sleeping Bag (to 20 F) Wiggy’s</td>
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<tr>
<td>Self Inflating Pad</td>
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<tr>
<td>Closed Cell Foam Sleeping Mat</td>
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<th>SPORT EQUIPMENT</th>
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<tr>
<td>Disc Golf driver, putter Free UMD students/$1 Others</td>
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<tr>
<td>Kickball Kit</td>
<td>5</td>
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<tr>
<td>Dodgeball Kit</td>
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<tr>
<th>CLOTHING</th>
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<tbody>
<tr>
<td>Rain Jacket</td>
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<tr>
<td>Rain Pants</td>
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<tr>
<td>Wetsuit, PFD, Paddling Jacket pkg.</td>
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<tr>
<td>Wetsuit</td>
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<thead>
<tr>
<th>MISCELLANEOUS</th>
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<tbody>
<tr>
<td>Aluminum Canoe (Alumacraft)</td>
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<tr>
<td>Royalex Canoe (Wenonah)</td>
<td>24</td>
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<tr>
<td>Solo Royalex River Tripping Canoe</td>
<td>22</td>
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<tr>
<td>Plastic Paddle</td>
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<tr>
<td>PFD/Life Jacket</td>
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<tr>
<td>Single Kayak</td>
<td>40</td>
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<tr>
<td>Tandem Kayak</td>
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<tr>
<td>Single Recreational Kayak</td>
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<tr>
<td>Board, Paddle, PFD, Wetsuit, Tie Down Kit, Leash</td>
<td>30</td>
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<tr>
<td>Canoe Trailer</td>
<td>37</td>
</tr>
<tr>
<td>*Mountain Bike / 29er</td>
<td>20</td>
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<tr>
<td>*City/Path Bike</td>
<td>14</td>
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<tr>
<td>Buck-A-Bike (Same Day Return)</td>
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<tr>
<td>*Fat Bike</td>
<td>35</td>
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<tr>
<td>Fender Blender Bike (organized groups only)</td>
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<tr>
<td>Bike Helmet</td>
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<tr>
<td>Bike Lock</td>
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