Recreational Sports Outdoor Program

Active, Healthy Lifestyles & A Connection to the Outdoors

Summer 2018

YOUTH CAMP - WHITETEATER KAYAK & CANOE - SEA KAYAK - SUP - ROCK CLIMBING
INSTRUCTOR CERTIFICATION - SPECIAL EVENTS - AQUATICS - FITNESS & WELLNESS
WELCOME TO RSOP!

<table>
<thead>
<tr>
<th>HOURS OF OPERATION SUMMER 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAIN OFFICE</strong></td>
</tr>
<tr>
<td>April 30-Aug 24 (153 SpHC)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RECREATION CENTER</strong></th>
<th><strong>Day</strong></th>
<th><strong>Hours</strong></th>
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</thead>
<tbody>
<tr>
<td>May 7-Aug 24</td>
<td>Mon–Fri</td>
<td>6:00am–6:00pm</td>
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*The Recreation Center includes the following:
Lower Level– Free Weights & Selectorized (SpHC 92)
Upper Level– Cardio (SpHC 157)

<table>
<thead>
<tr>
<th><strong>RENTAL CENTER</strong></th>
<th><strong>Day</strong></th>
<th><strong>Hours</strong></th>
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<tbody>
<tr>
<td>June 1-Aug 26 (154 SpHC)</td>
<td>Open Daily</td>
<td>12:00pm–6:00pm</td>
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<table>
<thead>
<tr>
<th><strong>POOL</strong></th>
<th><strong>Day</strong></th>
<th><strong>Hours</strong></th>
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<tbody>
<tr>
<td>June 12-Aug 9 (Lap Swim)</td>
<td>Tue/Thr</td>
<td>6:30-8:00am</td>
</tr>
<tr>
<td>June 11-Aug 9 (Lap Swim)</td>
<td>Mon-Thr</td>
<td>12:00–1:30pm</td>
</tr>
<tr>
<td>June 15-Aug 10 (Lap Swim)</td>
<td>Fri</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td>June 16-Aug 11 (Lap Swim)</td>
<td>Sat</td>
<td>9:00-11:00am</td>
</tr>
<tr>
<td>June 11-Aug 9 (Open Swim)</td>
<td>Mon-Thr</td>
<td>7:00-8:00pm</td>
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<table>
<thead>
<tr>
<th><strong>FREE BOULDERING</strong></th>
<th><strong>Day</strong></th>
<th><strong>Hours</strong></th>
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<tbody>
<tr>
<td>North Shore Wall</td>
<td>Mon–Fri</td>
<td>8:00am–4:00pm</td>
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<thead>
<tr>
<th><strong>SURF SHACK</strong></th>
<th><strong>Day</strong></th>
<th><strong>Hours</strong></th>
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<tbody>
<tr>
<td>July 27, Aug 3, 10</td>
<td>Fri</td>
<td>3:00pm–8:00pm</td>
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<tr>
<td>July 128, Aug 4, 11</td>
<td>Sat</td>
<td>3:00pm–8:00pm</td>
</tr>
<tr>
<td>July 29, Aug 5, 12</td>
<td>Sun</td>
<td>Noon-6:00pm</td>
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</tbody>
</table>

| **CAMP GROUND**                 | **Open Daily** | **Hours** |
| Park & walk-in access is available May 25-August 26. Backpack thru-hiker access is available at any time. |

*All of our facilities will be closed May 28, July 4 and August 13-17.*
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.

PROFESSIONAL STAFF

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

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.

UMD STUDENTS
Programs, activities, and facilities are for you!
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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</thead>
<tbody>
<tr>
<td>Full-Time UMD Student</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Part-Time UMD Student</td>
<td>$75</td>
<td>N/A</td>
</tr>
<tr>
<td>Area College Students</td>
<td>$95</td>
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</tr>
<tr>
<td>UMD Faculty/Staff</td>
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<td>$65</td>
</tr>
<tr>
<td>UMD Faculty/Staff Dependents</td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>Under 16</td>
<td>$110</td>
<td>$75</td>
</tr>
<tr>
<td>Affiliate</td>
<td>$140</td>
<td>$100</td>
</tr>
<tr>
<td>UMD Alumni</td>
<td>$140</td>
<td>$100</td>
</tr>
<tr>
<td>UMD Alumni Dependents 16 and over</td>
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<td>$295</td>
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<tr>
<td>Under 16</td>
<td>$90</td>
<td>$55</td>
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<tr>
<td>Community 16 and over</td>
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<td>$125</td>
</tr>
<tr>
<td>Community under 16</td>
<td>-</td>
<td>$90</td>
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</table>

* 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.

GROUP FITNESS PASS
The group fitness program is for both UMD folks and community. Summer Classes run June 4 through August 2.
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)
Closed for construction Summer 2018
One-time pass $3
10-punch pass $30

SURF SHACK PASS
$20 per session members
$25 per session others

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.
FITNESS/WELLNESS

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.

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 4 - AUGUST 2
Meet: SpHC 96 (Gold room) unless indicated otherwise.
Passes can be purchased in SpHC 153.
Cost: See Passes & Fees on page 3
REGISTRATION DAY!
Registration for UMD KIDSROCK will begin on March 24th, 9am-1pm at the RSOP Main Office in the Sports & Health Center. All camp purchases made during the event will receive a 10% discount. Registration is based upon first come, full payment basis; please visit the RSOP website for details on our camp Registration Policy and Cancelation Policy.

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.

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, 13-17 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 most 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.).
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 60 campers/week).

VENTURE CAMP (13-15yo) - offers one, 1 week-long, camp that provides a stimulating social and active environment with age-appropriate weekly programming for young teenagers that includes leadership, outdoor exploration, health and wellness, science/technology, and many more (limit 12 campers/week).

CLIMBING CAMP (8-12yo) - offers three, 1 week-long, camps that provide campers first hand experience, training, knowledge, skills, and practice in climbing indoor and outdoor for all levels and abilities (limit 12 campers/week). Camper will utilize the two indoor climbing walls at UMD and take climbing trips to Ely’s Peak, Silver Cliff, and Whoopie 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 12 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 first hand experience, training, knowledge, skills, and practice in paddle sports and river activities for all levels and abilities (limit 12 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 (13-17yo) - offers teenagers and young adults an opportunity to experience the responsibilities of camp operations in a fun learning environment. To apply please email KIDSROCK.

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 2018

<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 11-15</td>
<td>June 18-22</td>
<td>June 25-29</td>
<td>July 2-6</td>
<td>July 9-13</td>
<td>July 16-20</td>
<td>July 23-27</td>
<td>July 30-Aug 3</td>
<td>August 6-10</td>
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<tr>
<td>CLASSIC CAMP (5-12yo)</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
<td>$135</td>
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<tr>
<td>VENTURE CAMP (13-15yo)</td>
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<td>$210</td>
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<tr>
<td>CLIMBING CAMP (8-12yo)</td>
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<td>BIKING CAMP (8-12yo)</td>
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<tr>
<td>RIVER CAMP (8-12yo)</td>
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<tr>
<td>POST-CAMP</td>
<td>$15.00</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

DISCOUNTS Discounts valid through June 11, 2018
Registration Day Discount - 10% off camp registration purchases made on March 24th, 2018.
UMD Faculty/Staff Discount – 5% off final cost (excluding Registration Day) for all current UMD Faculty & Staff members.
AQUATICS

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 Dan Janasz
(Student LG Supervisor)
Janasz008@d.umn.edu 218-726-6516

A lap/open swim punch card is required for entry to all lap & open swims. Cash is not accepted at the pool. Go to page 3 for pool user fees.

**LAP AND OPEN SWIM SCHEDULE SUMMER 2018 (JUNE 11-AUGUST 11)**

<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 6:30-8:00am</td>
<td>Lap Swim 6:30-8:00am</td>
<td>Lap Swim 9:00-11:00am</td>
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<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>
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<td></td>
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</tr>
<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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</tbody>
</table>

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

**OPEN WATER SCUBA COURSE**
SUNDAYS 3-6PM
JULY 8, 15, 22, 29
Course covers the basics of scuba diving w/classroom & pool instruction. When finished with the four class sessions you can get “Open Water Certified” by completing four open water dives. Dates of the four Summer dives are determined by weather conditions. There is a separate fee for the certification.

- **Basic Course**
  $150 includes four 3-hour pool sessions, text material, equipment and air.

- **Open Water Certification**
  $150 includes four open water checkout dives, equipment and air, certification & administrative fees.

- **Value Package**
  $270 includes four class sessions in pool, text material, equipment and air, four open water checkout dives, certification & administrative fees.

For more information contact the instructor Elmer Engman
Vikingdiver@mchsi.com

To register call the RSOP office at 218-726-7128 or stop by 153 SpHC.

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 Dan Janasz
(Student LG Supervisor)
Janasz008@d.umn.edu 218-726-6516
SUMMER LONG COURSE SEASON = APRIL 9 - AUGUST 3
SUMMER SHORT COURSE SEASON = JUNE 11 - AUGUST 3
Enrollment is on-going and swimmers may join at any time.

PRACTICE SCHEDULE JUNE 11-AUGUST 2
- Monday, Wednesday, & Friday: 8-9am in the pool for all swimmers, 9-10am in the gym for those in 8th grade or higher, 3-5pm in the pool for all swimmers
- Tuesday & Thursday: 8-10am in the pool for all swimmers, 3-5pm in the pool for all swimmers
- Saturday: 7-9am in the pool for all swimmers

PRICING
- 1st Family Swimmer $90/month
- 2nd Family Swimmer $80/month
- 3rd Swimmer & up $70/month
- or purchase the $70 NSSC Punch Pass (good for 12 sessions)

Required USA Swimming Fees
- Year Round = $64
- Summer Season = $33

PREREQUISITES:
- Under 21 years old.
- All swimmers must complete a 2-day free trial. Swimmers who have passed Level 3 UMD Swim Lessons, and who have not participated in a swim meet for a competitive team either as part of NSSC, a high school team, the YMCA, or another member club of U.S.A. Swimming, must go through UMD Swim Lessons Level 4 & 5.

Go to the “North Shore Swim Club” link on the RSOP website for registration materials or call the RSOP office. For more information about the swim team please contact Ted Patton at 218-726-6759 or tpatton@d.umn.edu.

NSSC MASTERS SWIM PROGRAM
The course is designed for swimmers, triathletes, and those new to aquatic sports, college age or over the age of 21 years. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system.

MAY 7 - AUGUST 13, 2018
- MONDAY, WEDNESDAY & FRIDAY 6:30-8AM
- SATURDAY 7-9AM
- Cost: $70 for the NSSC Punch Pass (good for 12 sessions)

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

FRIDAY, MARCH 30, 6-9PM
SATURDAY, MARCH 31, 9AM-5PM
SATURDAY, APRIL 7, 9AM-5PM
SUNDAY, APRIL 8, 9AM-5PM
SATURDAY, APRIL 14, 9AM-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 18
SESSION 2: SUNDAY, MARCH 18
SESSION 3: SUNDAY, APRIL 22
SESSION 4: SUNDAY, JUNE 10

For inquiries pertaining to swimming prerequisites and information about either of these courses, please contact Daniel Janasz (LGI): janas008@d.umn.edu
### SUMMER SWIM LESSON PROGRAM 2018

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th># of Lessons</th>
<th>Registration Deadline</th>
<th>Fee</th>
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<tbody>
<tr>
<td>1</td>
<td>June 11-14, 18-21</td>
<td>8, 30min lessons</td>
<td>am lessons: 4pm, June 8 pm lessons: noon, June 11</td>
<td>$68</td>
</tr>
<tr>
<td>2</td>
<td>June 25-28, July 2-3</td>
<td>6, 30min lessons</td>
<td>am lessons: 4pm, June 22 pm lessons: noon, June 25</td>
<td>$51</td>
</tr>
<tr>
<td>3</td>
<td>July 9-12, 16-19</td>
<td>8, 30min lessons</td>
<td>am lessons: 4pm, July 6 pm lessons: noon, July 9</td>
<td>$68</td>
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<tr>
<td>4</td>
<td>July 23-26, 30-31, Aug 1-2</td>
<td>8, 30min lessons</td>
<td>am lessons: 4pm, July 20 pm lessons: noon, July 23</td>
<td>$68</td>
</tr>
<tr>
<td>5</td>
<td>August 6-9, 13-16</td>
<td>8, 30min lessons</td>
<td>am lessons: 4pm, Aug 3 pm lessons: noon, Aug 6</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.

- To Register for Swim lessons call the RSOP office at 218-726-7128.
- Free open swim to all families with children taking lessons.
- **Disclaimers:** If there are fewer than 3 students signed up for any class by the Friday prior to each session start date, we will contact those families giving them the option of moving to different class time/day. If no classes are available, a credit will be given which can be applied for future swim lessons.
- Please note that we do not accept late registrations once lessons have begun.
- There are no refunds for swim lessons.

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### Private, Semi Private & Lessons for Students With Special Needs

- Private lessons are sold by purchasing a punch card good for up to 10 half-hour lessons.
- Punch cards must be purchased in advance of scheduled lessons.
- Punch cards must be presented to the Instructor at each scheduled lesson.
- All scheduling of private lessons is negotiated between the Instructor and parent/guardian.
- Please note there is a limited number of clients we can accommodate each session.

To check private swim lesson availability & for general swim lesson information contact:
- Dan Janasz (Student WSI Supervisor) janas008@d.umn.edu
- Bailey Olson (Student WSI Supervisor) olso7503@d.umn.edu
- To leave a message for Dan or Bailey call 218-726-6516

To Register for Private lessons call the RSOP office at 218-726-7128
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).

**WHITETWATER PADDLING COURSES**

**CLASS I-II WHITETWATER 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)

**CLASS I-II RIVER TRIPPING TANDEM & SOLO WHITETWATER 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)

**WHITETWATER 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)

**WHITETWATER 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!
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)

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)

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)

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)
PADDLE SPORTS FOR CAMPS, COMMUNITY ORGANIZATIONS, CHURCH GROUPS AND SCHOOLS
Introducing the challenges and joys of paddling to promote a healthy active lifestyle and broaden knowledge of the environment.

BEACH ADVENTURE SPORTS
Explore Stand-Up Paddleboarding, Prone Paddleboarding and Sit-On-Top Kayaking at our Lester River Surf Shack on the shoreline of Lake Superior.
3 HOURS, $30/PERSON (6-12 PEOPLE)  7 HOURS, $70/PERSON (6-12 PEOPLE)

SEA KAYAKING
There is no perspective quite like that gained from the cockpit of a sea kayak. It’s truly amazing how large the freighters, expansive the skyline and bright the colors of the Duluth Waterfront.
DULUTH HARBOR TOUR: 4 HOURS, $35/PERSON (6-12 PEOPLE)
SEA KAYAK LAKE SUPERIOR: 7 HOURS, $70/PERSON (6-12 PEOPLE)
APOSTLE ISLANDS EXTENDED TRIP: 4 DAYS, $280/PERSON (6-12 PEOPLE)

WHITENWATER KAYAKING & CANOEING
Have a blast learning about whitewater kayaking or canoeing in July and August. Paddlers will experience flat water, moving water and tumbling whitewater in and out of their boats. KAYAKING OR CANOEING THE ST. LOUIS RIVER:
7 HOURS, $85/PERSON (6-12 PEOPLE CANOE, 6-8 KAYAK)

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. Paddlers must be comfortable in a kayak or canoe on at least Class II whitewater.
MAY 20-22, 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.
MAY 31-JUNE 3, MEET AT THE UMD BOAT SHED, 9AM-6PM
$377 UMD Students/$420 Others
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)

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.

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.

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 2018 course dates and prices.
OUTDOOR ACTIVITIES

BAGLEY NATURE AREA CAMPGROUND

Welcome to the 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 25-August 26, 2018. Backpack thru-hiker access is available at any time. Located at 1737 Bayview Avenue in Duluth. For reservations call 218-726-6134. $25/night (includes all taxes and fees) MORE DETAIL AT UMDRSOP.ORG/RENTAL

BAGLEY NATURE PROGRAMS

Our staff will be providing outdoor and nature education programs throughout the summer (Memorial Day through mid-August). These programs may include canoeing on Rock Pond, nature hikes, Camping 101, birding, family hikes, and more. Go to umdrsap.org for the full schedule (after Memorial Day).

BAGLEY CAMPGROUND GEAR PACKAGE

In association with our Rental Center, packages are available for all of the camping gear you need, including the campsite fee. Tents, stoves, sleeping bags, cook kits and more! Weekends only. $55 for one night (tax included) $95 for 2 nights (tax included) - 1 Four-Person Tent or 2 Two-Person Tents - Cooking, Eating, and Cleaning Kits - 4 Sleeping Bags - Rain Tarp - Two-Burner Stove - Campsite Fee Perfect for a weekend family outing! Contact our Rental Center for reservations.

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. umdrsap.org/rental 218-726-6134 See the next page for a full list of gear.
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.