2020 Pool Based Kayak, Canoe & SUP
Training for Community & Other Students
(Must purchase the Kayak & Canoe Pass to participate)

HERE’S WHAT TO EXPECT:
We meet in the UMD Pool on specific Thursdays listed below from 8-10pm and develop a wide variety of paddling skills. If you are not a full-time UMD Student this is your opportunity to paddle in the UMD Pool over the Winter and get out on Lake Superior and on the St. Louis River to test your skills in the Spring. The first hour of each session will be dedicated to group instruction and the second hour will be open for practice and individual instruction. Keep an open mind and try out new aspects of paddling this Winter. Here's the plan:

January 16 - Kayak Self Rescues & Stroke Refinement
January 30 - Kayak Bracing & Rolling
February 13 - Canoe Strokes & Maneuvering (C-1, OC-1 & OC-2)
February 27 - Sea Kayak Rescues
March 26 - Prone Surfboard, SUP & Wave Ski Intro.
April 9 - Spring Creeker Skills & Equipment Tune-Up
April 23 - Whitewater Kayak and Canoe Skills Check

April 18 - Spring Thaw Lake Superior Sea Kayak Tour (1-5pm)
May 3 - St. Louis River Kayak & Canoe Trip (10am-6pm)

WHERE:
This class will begin at 8:00pm at the UMD Pool in Duluth, Minnesota. Parking is free after 5:00pm in the Pay Lot, Gold and Maroon Lots. Maps will be provided for lake & river trips.

EQUIPMENT:
We have all the necessary paddling equipment. Bring your swimsuit and towel. We will help you wash out your kayak if you prefer to bring your own to the pool. Be sure to bring a spray skirt that fits your cockpit. Staff will be at the UMD Pool to prop the pool door by 7:50pm. Loading and unloading is done from the tennis court bus and loading zone pull out.

COST: $130
You must purchase your Kayak & Canoe Pass at the RSOP Office (153 SpHC) or by phone 218-726-7128 from 8:00am-4:00pm prior to arrival. All participants must complete the UMD Health Form and Liability Waiver upon arrival to the pool. A two session Spring Creeker Tune-Up on March 26 and April 9 is also available for $20 (ask for activity #205010).

The Real Classroom is outside…Get into It!