UMD Men’s Club Volleyball
2018-19 Sport Club of the Year

The UMD Men’s Club Volleyball team has grown tremendously in the past few years, showing improvements both on and off the court. Off the court, the fund-raising and volunteering efforts put forth by last year’s team was reflected by being awarded the Fundraising Club of the Year and Most Improved Club awards! Fund-raising events included working as referees at high school games and summer sand volleyball tournaments, holding bowling nights at Skyline Lanes and Volleyball, sponsoring billiards tournaments at The Breakroom, and more. The Club volunteered at the Boys and Girls Club of Duluth, and helped freshman move-in during Welcome Week. On the court, the Club has increased its membership to include two competitive teams, as well as a practice squad. The Club has become one of the top competitors in the NIVC conference by taking the conference title during the 2018 spring season, and also had two players voted to the All-Conference Team. The team bounced around the top 20 of the Division II Club Volleyball rankings, and ended up being one win shy of the Gold Bracket at Nationals, leading to a 17th place finish in St. Louis!

“Winning conference was awesome, but what made it so special for me was receiving the game ball from my teammates. UMD Men’s Club Volleyball not only allowed me to compete at a sport I love, but was a place I could be me and contribute to something bigger than myself. I can only hope the Club continues to grow and give others the same opportunities I was given as a member.”
-Connor Erickson, Outside/Right Side Hitter

It is pretty awesome to be able to continue participating at a highly competitive level in the sport you enjoyed in high school. It takes a lot of time, energy and resources to keep a club team rolling, though. It’s up to the club members to do the sorts of things your coaches, parents and administrators did for you back in high school. In many ways it’s like running a business. The responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of a club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning. There is much to gain from being a club member. Consider joining a sport club. Who knows, you might even get a game ball from your team-mates! Turn to page 7 to see what clubs we have and who to contact to get started.
<table>
<thead>
<tr>
<th>MAIN OFFICE</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>153 SpHC</td>
<td>Mon–Thr</td>
<td>8:00am–6:00pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>8:00am–4:00pm</td>
</tr>
</tbody>
</table>

**RECREATION CENTER**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon–Fri</td>
<td>6:00am–Midnight</td>
</tr>
<tr>
<td>Sat &amp; Sun</td>
<td>9:00am–9:00pm</td>
</tr>
</tbody>
</table>

Lower Level– Free Weights & Selectorized (SpHC 92)*
Upper Level– Cardio (SpHC 157)
Recreational Gym (155 SpHC)
Jogging/ Walking Track (SpHC 195)

*The lower level weight room will be closed due to classes Tuesday and Thursday all semester from 9:30-10:30am and from 8:00 - 9:00 am Monday, Wednesday, Friday from Jan 16-March 8. The Cardio Level will remain open during classes.

**AUXILARY GYM**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 150A</td>
<td>Sat</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
</tr>
</tbody>
</table>

**ROMANO GYM***

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SpHC 150</td>
<td>Sat*</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
</tr>
</tbody>
</table>

*Consult varsity basketball schedule for Saturday availability. Romano will be opened at the discretion of RSOP staff if Rec Center Courts are full.

**POOL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap/Open Swim</td>
<td>Fri</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>Tue/Thr</td>
</tr>
<tr>
<td></td>
<td>M/W/Thr</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Sat</td>
</tr>
</tbody>
</table>

Dec 15 - Jan 15: Pool closed
Jan 21: Pool Closed
Mar 9-17: Pool closed

May 6-10: Finals week schedule Noon-1:30pm Lap Swim only
May 11-June 9: Pool closed
June 10: Summer programming begins.

**FREE BOULDERING**

Available during Recreation Center open hours excluding roped climbing hours.
- Facility pass required
- Climbing pass not required
- Feet must stay below the red line
- Climbing shoes available upon request

**NORTH SHORE WALL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Center</td>
<td>Tue–Thr</td>
</tr>
<tr>
<td>Fri/Sat</td>
<td>3:00pm–6:00pm</td>
</tr>
</tbody>
</table>

**INLAND WALL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Rink (On demand)</td>
<td>Mon</td>
</tr>
<tr>
<td>Ice Rink (North Shore Climbers)</td>
<td>Sat</td>
</tr>
</tbody>
</table>

**INTRAMURAL EQUIPMENT CENTER**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>199 SpHC</td>
<td>Mon–Thr</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
</tr>
</tbody>
</table>

**RENTAL CENTER**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>154 SpHC</td>
<td>Mon</td>
</tr>
<tr>
<td></td>
<td>Tue-Fri</td>
</tr>
<tr>
<td>January 19-Mar 2</td>
<td>Sat</td>
</tr>
</tbody>
</table>

**CAMPGROUND**

Open Daily

Park & walk-in access is available May 23-August 26, 2019. Backpack thru-hiker access is available at any time.

**ICE RINK**

There will be no ice activities for the 2018-19 school year as the refrigeration and HVAC systems are replaced and upgraded.

All facilities will be closed on Monday, January 21. Facilities close at 4pm on Friday, March 8 with regular hours resuming on Monday, March 18. Closed weekends over spring break. Recreation Center open 6 am - 6 pm, March 11 - 15. Some facilities will be open on a limited basis during spring break. Watch our website for spring break hours.
REGISTRATION & INFORMATION

HOW TO REGISTER & RECEIVE INFO
IN PERSON
Stop in 153 Sports and Health Center
Monday–Thursday 8am–6pm
Friday 8am–4pm

PHONE
Call us at (218) 726–7128. If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach 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.umd rsp.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 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, 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.

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 and Aquatic programs. Community members ARE NOT eligible for a Membership.

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 or group fitness activities. 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.

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

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

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

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

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

MELODY DAVID-MCKNIGHT  SEA KAYAKING
218–726–8231
dmcknigh@d.umn.edu

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

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

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

TAMARA KRAMER  REGISTRATION & INFORMATION
218–726–8533
takramer@d.umn.edu

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

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

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

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

JOEL SANDERSON  INTRAMURALS AND YOUTH CAMPS
218–726–7424
jsander3@d.umn.edu

CHRIS SEVERSON  REGISTRATION & INFORMATION
218–726–7424
cseverso@d.umn.edu

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

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UMD FACULTY & STAFF
All UMD Faculty & Staff are encouraged to participate in all programs, activities, and use the facilities.

IDENTIFICATION NEEDED
Participants must carry a U-Card or Membership Card, guest pass or conference pass when using the RSOP facilities.
MEMBERSHIP
Allows access to facilities during available hours (see schedule inside cover). For full-time UMD Student Service Fee paying students, your UCard is your Facilities Pass. Facilities include: Jogging Track, Gymnasium, Tennis Courts, Weight Room, Cardio Room, Pool and Fieldhouse.

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

- Currently enrolled Full Time UMD Students are assessed a student service fee that covers Membership for the current term.
- Payroll deduction is only available until September 16, and is only available for an annual pass.
- 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 $30 per week available to organized on-campus conferences.
- Faculty/Staff one month pass is available for 30 days from purchase: $30
- The replacement fee for a lost pass is $5.

GROUP FITNESS PASS
Allows access to around 30 Group Fitness classes per week. See Fitness/Wellness section for details.

**FULL SEMESTER PASS**

<table>
<thead>
<tr>
<th>Category</th>
<th>Full Time Students</th>
<th>Part Time Students</th>
<th>Faculty/Staff</th>
<th>Community</th>
<th>Day Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Time Students</td>
<td>$55</td>
<td>$55, $70 w/o membership</td>
<td>$75</td>
<td>$150</td>
<td>$10</td>
</tr>
</tbody>
</table>

Faculty & Staff can purchase an Annual Pass for $140
Discounted Pass begins March 11: $38 Students/$50 Faculty & Staff/$90 Community

POOL FEES
A Membership allows you access to the pool. If you do not have a Membership, you must purchase a “punch card” to use the pool during Lap Swim and Public Swim.

**10-PUNCH CARD**
Adult $40
Youth & Senior $30

**ONE TIME PASS**
Adult $4
Youth & Senior $3

Swimming Punch Cards are available for purchase during normal business hours in the Main Office (115 SpHC).
Our pool has accommodations for individuals with disabilities.

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

**SESSION PASS** $3 UMD Students / $10 Others
**5-PUNCH PASS** $10 UMD Students / $30 Others
**SEMESTER PASS** $30 UMD Students / $90 Others
Show your Fall 2018 Climbing Semester Pass and get $5 off your Spring 2019 pass.

**ANNUAL PASS** $50 UMD Students / $150 Others

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

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

A WORD ABOUT PRICING
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.
REGISTRATION PROCEDURES
1. Create your team at www.umdrsop.org or imleagues.com
2. One team representative pays your team’s registration fee at Sports and Health Center 153
3. Attend captain’s meeting. Your team’s place in the league is not confirmed until the registration fee is paid.
ENTER EARLY AS SOME SPORTS WILL FILL QUICKLY!

ELIGIBILITY
The following individuals are eligible to participate in the Intramural Sports Program: Full-time student service fee paying UMD students, UMD staff and faculty and part-time students with a current Membership.

CAPTAINS’ MEETINGS
Intramural events require attendance by at least one team representative at a pre-season captains’ meeting. Attendance is mandatory for each team. Failure to have a representative from your own team at this meeting will result in your team losing the opportunity to advance to postseason play and/or losing your spot in the league to a team on the waiting list.

SPORTSMANSHIP POLICY
Sportmanship is an important part of Intramural Sports and the RSOP policy is designed to encourage enjoyable recreation experiences for all participants and officials. Teams will be rated on their sportmanship, which may affect future play. Captains are responsible for the conduct of their team. Play hard, have fun, and be a good sport.

COMPETITIVE LEVELS
Intramural Sports are offered in two different competitive levels when possible. This differentiation is created to provide competition that will incorporate varied levels of skill and intensity. These leagues will compete in separate postseason tournaments. The GOLD level is a highly competitive league, while the MAROON level is less competitive.

INTRAMURAL SPORTS OFFICIALS
The officials program is perhaps the most important element of the Intramural Sports Program. The department takes pride in hiring and training interested men and women for all major sports. Student officials develop and improve a wide variety of skills including decision making, conflict resolution and leadership skills. Many officials go on to officiate Minnesota State High School League contests. To get involved, contact the Intramural Supervisor at 218-726-7648.

Intramural Sports include over 20 action packed activities for students, featuring teams and individual/dual competitions throughout the school year! We will do everything we can to provide diverse opportunities, regardless of ability.
INTRAMURAL SPORTS SPRING 2019 SCHEDULE

<table>
<thead>
<tr>
<th>JANUARY 23 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>$75</td>
<td>January 24, 5:00pm SpHC 8</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>$75</td>
<td>January 24, 5:45pm SpHC 8</td>
</tr>
<tr>
<td>Badminton</td>
<td>$35</td>
<td>January 24, 6:30pm SpHC 8</td>
</tr>
<tr>
<td>Innertube Dodgeball</td>
<td>$75</td>
<td>January 24, 7:15pm SpHC 8</td>
</tr>
<tr>
<td>Curling</td>
<td>$45</td>
<td>January 24, 8:00pm SpHC 8</td>
</tr>
<tr>
<td>Broomball</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JANUARY 24 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>$45</td>
<td>January 24, 9:00pm Bowling Alley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MARCH 20 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>$85</td>
<td>March 21, 5:00pm SpHC 8</td>
</tr>
<tr>
<td>Kickball</td>
<td>$75</td>
<td>March 21, 5:45pm SpHC 8</td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>$75</td>
<td>March 21, 6:30pm SpHC 8</td>
</tr>
<tr>
<td>Ultimate</td>
<td>$65</td>
<td>March 21, 7:15pm SpHC 8</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$75</td>
<td>March 21, 8:00pm SpHC 8</td>
</tr>
<tr>
<td>Spikeball</td>
<td>$35</td>
<td>March 21, 8:45pm SpHC 8</td>
</tr>
<tr>
<td>Bag Toss</td>
<td>$35</td>
<td>March 21, 9:30pm SpHC 8</td>
</tr>
<tr>
<td>Softball</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MARCH 21 REGISTRATION DEADLINE</th>
<th>COST/TEAM</th>
<th>CAPTAINS’ MEETING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>$45</td>
<td>March 21, 9:00pm Bowling Alley</td>
</tr>
</tbody>
</table>

REGISTER YOUR TEAM ONLINE BY GOING TO WWW.UMDRSOP.ORG OR WWW.IMLEAGUES.COM
Intramural events require attendance by at least one team representative at a pre-season captain's meeting.
WHAT IS A SPORT CLUB?
A Sport Club is a Campus Life Program (CLP) that promotes and develops interest in a particular sport or physical activity under the administration and supervision of Recreational Sports Outdoor Program (RSOP). A club may be instructional, recreational, competitive or may be some combination of the three. Participation in a sport club is on a voluntary basis and each club is self governed by the student leadership within the sport club.

WHAT IS THE DIFFERENCE BETWEEN INTRAMURAL SPORTS & SPORT CLUBS?
Both programs are great ways for students to meet other students, be physically active, and have fun on campus. However, individual Sport Clubs may compete off-campus against other college or university club teams, and do hold weekly practices throughout the season of their sport or activity. Sport Clubs are student governed, so the responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of their club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning.

HOW DO I JOIN A SPORT CLUB?
Membership varies between the different Sport Clubs offered at UMD through RSOP. Some of the competitive clubs hold tryouts to determine who will make their roster while most recreation & instruction based Sport Clubs welcome any UMD student who is interested and pays membership dues. Please feel free to contact the individual club you are interested in to get more information on how to join or email the Sport Clubs staff at sportclubs.umd@gmail.com.

WHERE DO I GO FOR INFORMATION?
Get online and visit the Recreational Sports Outdoor Program at www.umdosp.org, or contact Noah Kramer, Assistant Director of Sport Clubs at 218-726-7670 or sportclubs.umd@gmail.com.

SPORT CLUBS ADVISORY COUNCIL (SCAC)
The SCAC consists of one student representative from each Sport Club to govern all Sport Clubs in the UMD program using the Sport Club Guidelines. Led by the Sport Clubs Executive Board (SCEB), these program guidelines are determined and revised by the SCAC during monthly meetings as part of a living document meant to change with the program. The SCEB members are: Chief Executive Officer, Jason Mozol Chief Financial Officer, Katelin Goebel, Chief Clerical Officer, Cadence Brunzlick.
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:
- 10-minute warm-up on cardio machines
- 40-minute strength and conditioning circuit training
- 10 minute cool down and stretch.
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.

GROUP FITNESS
The group fitness program is for both the UMD and surrounding community. We offer over 30 classes a week: yoga, strength, spinning, pilates, Zumba, HIIT, and Barre. 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.

JANUARY 22 - MAY 3
Meet: SpHC (Gold room) unless indicated otherwise.
Passes can be purchased in SpHC 153.
Cost: See Passes & Fees on page 4
The first week is FREE!
WEIGHTROOM TOURS
All of our staff are trained to give you a generalized introduction to the use and function of the weightroom equipment. Just stop by during open hours and ask any of the weightroom attendants for a tour. We recommend you hire a personal trainer if you want help setting up an exercise program.

LADIES WHO LIFT
Designed for women who want to learn or perfect their weight training technique. Held in our private personal training studio, this is the perfect chance to learn lifting basics in a comfortable, supportive environment. Come to one session or several!
TUESDAYS, 7-8PM, FROM JANUARY 22 - APRIL 30
Meets: SpHC 33 (Basement)
Cost: FREE!

VALENTINE’S PARTNER YOGA
A wonderful event for all UMD students and staff, bring a partner and share in a relaxing hour where you will learn and practice the art of yoga. This has been a very popular event, so register early!
TUESDAY, FEBRUARY 12, 7-8PM
Meet: Gold Room, 96 SpHC
Cost: $1/person

SPRING FITNESS FRENZY
An intensity filled, 2 hour fitness party! Come challenge yourself in this Master Class. It’s the best of the best! Lead by our top fitness instructors and trainers, and using some soul pumping tunes, this fitness frenzy will consist of 4 rounds - Tabata, Core, Strength and Yoga. Participants will receive a special prize bag filled with goodies for completion. All fitness levels are welcome and modifications will be provided. If you are looking for a great workout challenge, you won’t want to miss this!
SATURDAY, FEBRUARY 23, 9:30 - 11:30 AM
Meets: Gold Room, SPHC 96
Cost: $10 UMD Students/$15 Others

NETA CERTIFICATION COURSE
A weekend designed for those interested in starting a career in the fitness industry or for those looking for continuing education. NETA’s expert trainers will deliver group fitness and personal training workshops (exams included). For those already certified, continuing education training workshops will also be offered. All registration is done through NETA. Please consult netafit.org for specific dates, times and pricing. Open to community members.
SATURDAY, MARCH 23 - SUNDAY, MARCH 24
COLLEGE STUDENTS WILL RECEIVE A $50 DISCOUNT WHEN REGISTERING BY PHONE. 1-800-237-6242 NETAFIT.ORG

SPRING INTO SHAPE 5K TRAIL RUN/WALK
Everyone is welcome to come and join in for the annual Spring Into Shape 5k trail run. Come run or walk through Bagley Nature Area and the UMD Campus, all ages are welcome to particpate in this event.
SUNDAY, APRIL 28, 10 AM
Register By: Friday, April 19, 3pm for a guaranteed t-shirt. Race day registration is welcome at the Bagley Classroom in the Bagley Nature Area
COST: $12 UMD Students/$15 Others

REIMBURSED EMPLOYEE CLASSES
Employees and spouses who are UPlan policy holders are eligible for a reimbursement of 50% (up to $100) of the $199 registration fee (NEW: Lifetime reimbursements have gone away, which means that a UPlan employee is eligible to receive this reimbursement for one fitness class each new program year). Must attend at least 13 of the 16 classes. When requirements are met, 150 Wellbeing points will also be awarded.

EMPLOYEE GROUP STRENGTH EXPRESS CIRCUIT
This class will consist of strength and cardiovascular interval circuits as well as full body strength and endurance, core training, and flexibility. Limit 8 participants per session.
M/W 4-4:45PM, OR T/TH 4-4:45PM
FEBRUARY 18 - APRIL 18
Meet: SpHC 33
Cost: $199

EMPLOYEE YOGA 101
This program is aimed to help individuals feel comfortable starting a new practice or to deepen an existing practice. The discipline of yoga promotes personal growth, physical health, wellbeing and strengthens the connection between body and mind. Limit of 20 participants.
M/W 12:00-12:45
FEBRUARY 18 - APRIL 18
Meet: SpHC 135
Cost: $199
YOUTH ROCK CLIMBING TEAM!

Come and join our UMD Youth Climbing Team. The team is open to students ages 7 to 14. This is a seven-week program offering 6 weeks of practice and 1 weekend competition.

FEBRUARY 23, 2019: PRACTICES START
APRIL 13, 2019: COMPETITION

Cost: $140
Includes: 6 weeks of practice, 1 competition, a team T-Shirt, and a free 5-time punch card to UMD Open Climb times.

Come and learn more about our Youth Climb Team during one of two informational sessions in the UMD Hall of Fame Room (SpHC 191).

Saturday, January 26, 10:00am
Thursday, February 7, 6:00pm

KIDSROCK VALENTINE’S DAY

Your kid/s can spend a Valentine’s Day themed evening with KIDSROCK camp staff playing camp games in the gym, crafting and making new friends while you enjoy a night out with that special someone. For kids ages 5-12.

THURSDAY, FEBRUARY 14, 4-10:30PM
Meet: Romano Gym
Cost: $25/Child

YOUTH WINTER WONDERLAND DAY CAMP

No school on January 18? Your kids, ages 5-12, can enjoy a fun-filled day of winter actives with the UMD KIDSROCK camp staff! Sledding, winter crafts, decorating cookies, hot cocoa, and more! Event registration is limited to 32 children so sign up early. For kids ages 5-12.

FRIDAY, JANUARY 18, 7:45AM– 5:30PM
Meet: Bagley Classroom
Cost: $30/Child by January 4, 2019
$40/Child after January 4, 2019

KIDSROCK VALENTINE’S DAY

Your kid/s can spend a Valentine’s Day themed evening with KIDSROCK camp staff playing camp games in the gym, crafting and making new friends while you enjoy a night out with that special someone. For kids ages 5-12.

THURSDAY, FEBRUARY 14, 4-10:30PM
Meet: Romano Gym
Cost: $25/Child

MORE INFORMATION AND DESCRIPTIONS CAN BE FOUND ON OUR WEBSITE AND IN THE RSOP SUMMER CATALOG!
OPEN WATER SCUBA COURSE
Cost $150 / includes
- (4) 3 hr class/pool sessions
- Text material and scuba gear
- Covers the basic of Scuba Diving
Meets Sundays 3-6pm @ the UMD pool
- SESSION 1: FEBRUARY 3, 10, 17, 24
- SESSION 2: MARCH 10, 17, 24, 31
- SESSION 3: APRIL 7, 14, 28, MAY 5
- SESSION 4: MAY 12, 19, 26, JUNE 2

successfull completion of the
Open Water Scuba Course.
Cost $150 / includes
- 4 open water check-out dives
- Scuba gear and air
- Certification fees

Course Instructor
Elmer Engman
Professional Association of Diving Instructors
Scuba Educators, Itnl.
Public Safety Diver Association

For more information contact:
Elmer at vikingdiver64@gmail.com

To register for scuba classes:
Please call the RSOP office at 218-726-7128

For upcoming 2019 Scuba Trips to
St. Croix and St. Lucia, Virgin Islands
with Viking Diver go to www.vikingdiver.com

Pool closure dates may not apply to the North Shore Swim Clubs practice schedule. Refer to the NSSC link on our website for updated practice schedule information. Due to program demands by academic units, the pool schedule may change without advanced notice.

For updated pool schedule changes please check the RSOP website and reader board in the pool hallway. The reader board is updated daily.

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.
Proudly serving generations of Northland families with the highest quality American Red Cross Swim Lesson instruction for over 25 years. • Toddler, Youth & Adult Lessons • Small Class Sizes • Experienced American Red Cross Certified Water Safety Instructors • Private and semi-private swim lessons are available

UMD RSOP AQUATICS SWIM LESSON SCHOOL

SWIM LESSON SCHEDULE SPRING 2019

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Class Dates</th>
<th>Lessons</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>M/W</td>
<td>Jan 23-Feb 13</td>
<td>7</td>
<td>$59.50</td>
</tr>
<tr>
<td>Session 1</td>
<td>T/Th</td>
<td>Jan 22-Feb 14</td>
<td>8</td>
<td>$68.00</td>
</tr>
<tr>
<td>Session 1</td>
<td>Sat</td>
<td>Jan 19-March 2</td>
<td>7</td>
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</tr>
<tr>
<td>Session 2</td>
<td>M/W</td>
<td>Feb 18-March 6</td>
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<tr>
<td>Session 2</td>
<td>T/Th</td>
<td>Feb 19-March 7</td>
<td>6</td>
<td>$51.00</td>
</tr>
<tr>
<td>Session 2</td>
<td>Sat</td>
<td>March 23-May 4</td>
<td>7</td>
<td>$59.50</td>
</tr>
<tr>
<td>Session 3</td>
<td>M/W</td>
<td>March 18-April 17</td>
<td>10</td>
<td>$85.00</td>
</tr>
<tr>
<td>Session 3</td>
<td>T/Th</td>
<td>March 19-April 18</td>
<td>10</td>
<td>$85.00</td>
</tr>
</tbody>
</table>

Registration for lessons closes at noon on the first day of the corresponding session except for Saturday sessions which close at noon on the Friday before.

WE DO NOT ACCEPT LATE REGISTRATION FOR SESSIONS ALREADY IN PROGRESS!
Disclaimer: If there are fewer than 3 students signed up by the Friday prior to each new session for any class level, we will contact those families giving them the option of moving to a different time & day or a credit towards a future session of lessons.

Complimentary Free Open Swim Access is available to all those currently registered in our swim lesson program. Please show your swim lesson registration receipt to the pool attendant for entry. Access to each open swim is limited to the child registered for the swim lessons and their parents.

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 more information contact Coach Ted Patton 218-726-6759, tpatton@d.umn.edu

Times | Levels
--- | ---
NEW* T/TH Morning Times and Levels
9:30-10:15am | PC1/2, PS1, PS2, PS3
10:15-11am | PS1/2, L1, 2, 3

M/W and T/Th Class Times and Levels
4:30-5pm | PC1/2, PS1, L2, L3
5-5:30pm | PS2, PS3, L1, L2, L3
5:30-6pm | PS1, PS2, L1, L2, L3

Saturday Class Times and Levels
9:30-10am | PC1/2, PS1, L2, L3
10-10:30am | PS2, L1, L2, L3
10:30-11am | PS3, L1, L2, L3
11-11:30am | PS1, PS2, PS3, L2, L3
11:30-12pm | PC1/2, L1, L2, L3

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

*Each Tuesday & Thursday morning lesson consists of 30 minutes of instruction with 15 minutes of family play time. Parent must accompany their child in water during play time. Instructors are not in the water during this time. There is a lifeguard on the deck to ensure everyone’s safety. The 9:30-10:15am & 10:15-11am lessons are offered Tuesdays and Thursdays only!

Times | Levels
--- | ---
5-5:30pm | Level 4
5:30-6:15pm | Level 5
5:30-6:15pm | Level 6

NORTH SHORE SWIM CLUB PRE-TEAM LEVELS 4, 5, 6 SPRING 2018

<table>
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<th>Lessons</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>Session 1</td>
<td>M-TH</td>
<td>Jan 22-24, 28-31</td>
<td>7</td>
<td>L4: $59.50, L5 &amp; L6: $66.50</td>
</tr>
<tr>
<td>Session 2</td>
<td>M-TH</td>
<td>Feb 4-7, 11-14, 18-21, 25-28</td>
<td>16</td>
<td>L4: $136, L5 &amp; L6: $152</td>
</tr>
<tr>
<td>Session 3</td>
<td>M-TH</td>
<td>March 4-7, 18-21, 25-28</td>
<td>12</td>
<td>L4: $102, L5 &amp; L6: $114</td>
</tr>
<tr>
<td>Session 4</td>
<td>M-TH</td>
<td>April 1-4, 8-11, 15-18</td>
<td>12</td>
<td>L4: $102, L5 &amp; L6: $114</td>
</tr>
</tbody>
</table>
PRIVATE AND SEMI-PRIVATE LESSONS

Private Lessons (one child only) $20 per ½ hr. lesson
Semi-Private Lessons (two children) $25 per ½ hr. lesson

Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. All scheduling of Private Swim Lessons is negotiated between the Water Safety Instructor and the guardian of the student to ensure you get the best times to fit your busy schedule. There is a limited number of clients we can cater to each semester.

For more information about our private swim lesson program and to check availability, please contact Student WSI Supervisor Maddy Ogren.
Email: ogren058@d.umn.edu • Office Phone: 218-726-6516

FREE PARKING AFTER 5PM IN THE PAY LOT ON THE CORNER OF ST. MARIE STREET AND UNIVERSITY DRIVE!

NEW THIS WINTER!
ADAPTIVE PRIVATE SWIM LESSON PROGRAM

Our adaptive private swim lessons offer families an inclusive, welcoming environment where the curriculum, teaching methods and goals are adapted to the pace, ability and learning style of each child. An initial consultation before registration is advised to assist in modifying curriculums based on your child’s abilities. For more information and to register please contact our Adaptive Aquatics Specialist, Sommer Heikkila heikk110@d.umn.edu
**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 requirements.

Cost: $275 / Pocket mask included with course fee

**LIFEGUARD REFRESHER/RECERTIFICATION COURSE**
The purpose of this course is to review, check-off and re-certify current card holding lifeguards on all the required lifeguard skills necessary to help prevent and respond to aquatic emergencies including land and water rescue skills plus first aid and CPR/AED/PR.

Cost: $110

**Must show proof of certification when registering**

**CLASS TIMES:** 9AM-6PM

**SESSION 1**
SAT, FEBRUARY 2, 1-5PM  
SUN, FEBRUARY 3, 10AM-2PM  
SAT, FEBRUARY 9, 1-5PM  
SUN, FEBRUARY 10, 10AM-2PM  
SAT, FEBRUARY 16, 1-5PM  
SUN, FEBRUARY 17, 10AM-12PM

**SESSION 2**
SAT, MARCH 30, 1-5PM  
SUN, MARCH 31, 10AM-2PM  
SAT, APRIL 6, 1-5PM  
SUN, APRIL 7, 10AM-2PM  
SAT, APRIL 13, 1-5PM  
SUN, APRIL 14, 10AM-12PM

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

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**NORTH SHORE SWIM CLUB**

**FALL/WINTER SEASON = SEPTEMBER 4 - MARCH 24**
**SPRING/SUMMER SEASON = MARCH 25 - AUGUST 5**
Enrollment is on-going and swimmers may join at any time.

**PRICING**
NSSC Novice (minimum 3 days a week)
- 1st Family Swimmer: $80
- 2nd Family Swimmer: $70
- 3rd Swimmer & up: $60

NSSC Advanced (minimum 5 days a week)
- 1st Family Swimmer: $90
- 2nd Family Swimmer: $80
- 3rd Swimmer & up: $70

USA Swimming year round registration fee of $66 is required.

**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.

**NSSC MASTERS SWIM PROGRAM**
The course is designed for swimmers, triathletes, and those new to aquatic sports. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Participants are college students or local professionals. Students and others are welcome to take advantage of the “North Shore Punch Pass” which costs $70 and is good for 12 workouts.

**Fall/Winter Session: September 5 - December 21**
**Winter/Spring Session: January 7 - May 10**
**Summer Session: May 13 - August 5**
Meets: Monday, Wednesday and Friday 6:30-8am
Cost: $180 per session

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**AQUATICS**
OUTDOOR ACTIVITIES

VOLUNTEERING WITH THE OUTDOOR PROGRAM
Do you love the outdoors and have a desire to share it with others? The Outdoor Program is always seeking new student staff members for a variety of opportunities. You don’t need to be an expert in the wilderness to join us and there will be opportunities to fit your schedule, with lots of free training.

KICK OFF MEETING: TUESDAY, JAN 22, 5-6PM
Meet: Sports and Health Center Room 191
We will have regular meetings and activities throughout the semester on Tuesdays at 5pm. To get details on what the topics are or how to get involved, email Ryley (olive255@d.umn.edu). Even if you can’t make the meetings, we can get you involved.

WINTER ADVENTURE SAMPLER
Snowman building! Cross Country skiing! Hot chocolate! And More! Come join the Outdoor Program for our Winter Outdoor Adventure Sampler! Learn about what we do and enjoy some winter outdoor activities including snowshoeing, ice skating, cross-country skiing, heated tent, food, and FUN!

MONDAY, JANUARY 21, 12- 3PM
Meet: Bagley Nature Area Classroom
Cost: Free!

WAXING CLINIC
Want to learn how to hot wax your skis or snowboard? Already familiar with what to do and just want to wax? Come join us to learn the basics of waxing or refine your technique. For all alpine, snowboard, and nordic skis.

MONDAY, JANUARY 28, 6- 8PM
Register By: Noon, Monday, January 28
We Provide: Waxing Equipment and Instruction
You Provide: Cross Country Skis, Alpine Skis, or Snowboard
Meet: RSP “Trailhead”, SpHC Lobby
Cost: $6 UMD Students/ $12 Others

FAT BIKE FUN: HARTLEY PARK
Fat biking in Duluth has become a “BIG” deal. Join us on a winter cruise through Hartley Park. All skill levels are welcome. Fat Bikes are available to rent at the UMD Rental Center for ten percent off for UMD students!

SATURDAY, JANUARY 26TH, 12PM- 2PM
Register By: Noon, Friday, January 25
We Provide: Fat bikes and instruction
You Provide: Warm clothing in layers
Meet: RSP Rental Center (154 SpHC)
Cost: $7 UMD Students/ $15 Others

FREE SKI AND SNOWSHOE SATURDAYS
Here is your chance to get out and try a new activity or build your skills in skiing or snowshoeing. And it’s FREE for UMD Students!! We’ll have gear out in the Bagley Nature Area at the Classroom building for you to check out. Classic ski on the groomed trails or snowshoe off the groomed trails. We’ll also have staff that can help you with your skills development. Get out and try it!

SATURDAYS, 10AM- 12PM FEBRUARY 2, 16, & 23.
No Registration is Required, equipment is first-come-first-served
We Provide: Skis and snowshoes (we only have adult ski boot sizes)
You Provide: Warm clothing for the conditions (dress in layers so you don’t get too hot)
Meet: Bagley Nature Area Classroom
Cost: FREE for UMD Students/ $3 Others (Cash or check only - collected on site)

SNOWSHOE INTO THE PAST
Come snowshoe the historical portage trail between the Brule River & Lake St. Croix, the headwaters of the St. Croix River. For many years this trail was used by Native Americans and Voyageurs as a major trade route between Lake Superior and Mississippi River watersheds. Lace
SCHOLARSHIPS AVAILABLE!
Hey UMD Students, if you are tight on money and would like to get outdoors, we can help! Thanks to a couple of former student staff, we have scholarship money to support you getting outdoors. Just email Tim at tbates@umn.edu and tell him what outing you would like to go on and why you want to go. We’ll get back to you within a few days! It’s that simple. Available for any of our outdoor options - trips, hikes, paddling, climbing, and workshops.

OUTDOOR ACTIVITIES

OUTDOOR JOBS FAIR
Need a summer job? Looking for a great internship or employment after graduation? Interested in learning more about outdoor and environmental education professions? Join us to meet with representatives from summer camps, canoe camps, resource management and government agencies, environmental education centers, and others that will be on hand to answer your questions and talk about opportunities in outdoor and environmental education.

WEDNESDAY, FEBRUARY 6, 9:30AM-2PM
Meet: Kirby Student Center Main Hallway
Cost: Free!

FIRE MAKING
Come learn how to create a fire in all conditions. We will go through many different techniques and methods of making fires and learn the advantages and disadvantages of each.

TUESDAY, FEBRUARY 12, 5-7PM
Register By: Noon, Tuesday, February 12
Meet: Bagley Nature Area Classroom
Cost: Free!

NORTH SHORE STREAM SKI
The only thing more pleasant than skiing up a frozen North Shore stream is skiing back down it. We’ll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, FEBRUARY 17, 12-6PM
Register By: Noon, Friday, February 15
We Provide: Skis and Transportation
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $9 UMD Students/$18 Others

FULL MOON SNOWSHOE
Grab your snowshoes as well as a warm pair of mittens and join us on a beautiful full-moon snowshoe at Hawk Ridge. We will view the winter full-moon as it shines over Lake Superior. During our snowshoe, we will hike through woods to overlooks of the lake and enjoy a lovely, warm mug of hot chocolate.

TUESDAY, FEBRUARY 19, 5:30PM-8PM
Register By: Noon, Tuesday, February 19
We Provide: Transportation, Snowshoes
You Provide: Warm Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $4 UMD Students/$10 Others

YETI CHALLENGE
Rumor has it there’s a Yeti on Campus! Grab some friends (team of 4) as we compete to evade the mysterious legend of the snow. Teams will complete a three-legged snowshoe race, snow-yeti competition, giant snowball toss and more!

TUESDAY, FEBRUARY 26, 5-7PM
Register By: Noon, Tuesday, February 26
We Provide: Equipment for the events
You Provide: A 4 person team
Meet: Bagley Nature Area Classroom
Cost: $10 per team

STAR HIKE PARK POINT
What’s better than a night hike? A night hike at the beach! Join us as we hike and sip hot chocolate under the stars at Park Point.

THURSDAY, FEBRUARY 28, 6-9PM
Register By: Noon, Thursday, Feb 28
We Provide: Transportation & Instruction
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $5 UMD Students/$11 Others

SNOWSHOE GOOSEBERRY
Enjoy the beauty of Gooseberry Falls State Park in the winter. Trek through the winter wonderland with us as we explore the trails and the beauty of the frozen river. If you don’t have your own snowshoes, no worries! We provide them for you.

SUNDAY, FEBRUARY 3, 1-6PM
Register By: Noon, Friday, February 1
We Provide: Snowshoes & Transportation
You Provide: Bag Lunch, Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $12 UMD Students/$24 Others

INTRO TO WINTER CAMPING
Keep warm when it’s cold. Learn how to prepare yourself to not only survive but thrive while winter camping. How to dress properly, how to set up camp, and how to stay warm are all part of this program. We will set up a winter camp at Bagley and cook a dinner fit for an Ice King.

TUESDAY, FEBRUARY 5, 5-8PM
Register By: Noon, Monday, February 4
Meet: Bagley Nature Area Classroom
Cost: $5 UMD Students/$9 Others

up your boots and let’s hit the trail with Voyagers on one side & Brule River beauty on the other.

SATURDAY, FEBRUARY 2, 10AM-5PM
Register By: Noon, Friday, February 1
We Provide: Snowshoes & Transportation
You Provide: Clothing, Bag Lunch, Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $12 UMD Students/$24 Others

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Enjoy the beauty of Gooseberry Falls State Park in the winter. Trek through the winter wonderland with us as we explore the trails and the beauty of the frozen river. If you don’t have your own snowshoes, no worries! We provide them for you.

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Register By: Noon, Friday, February 1
We Provide: Snowshoes, Transportation, and Instruction
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
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Meet: Kirby Student Center Main Hallway
Cost: Free!

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Come learn how to create a fire in all conditions. We will go through many different techniques and methods of making fires and learn the advantages and disadvantages of each.

TUESDAY, FEBRUARY 12, 5-7PM
Register By: Noon, Tuesday, February 12
Meet: Bagley Nature Area Classroom
Cost: Free!

NORTH SHORE STREAM SKI
The only thing more pleasant than skiing up a frozen North Shore stream is skiing back down it. We’ll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, FEBRUARY 17, 12-6PM
Register By: Noon, Friday, February 15
We Provide: Skis and Transportation
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $9 UMD Students/$18 Others

FULL MOON SNOWSHOE
Grab your snowshoes as well as a warm pair of mittens and join us on a beautiful full-moon snowshoe at Hawk Ridge. We will view the winter full-moon as it shines over Lake Superior. During our snowshoe, we will hike through woods to overlooks of the lake and enjoy a lovely, warm mug of hot chocolate.

TUESDAY, FEBRUARY 19, 5:30PM-8PM
Register By: Noon, Tuesday, February 19
We Provide: Transportation, Snowshoes
You Provide: Warm Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $4 UMD Students/$10 Others

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TUESDAY, FEBRUARY 26, 5-7PM
Register By: Noon, Tuesday, February 26
We Provide: Equipment for the events
You Provide: A 4 person team
Meet: Bagley Nature Area Classroom
Cost: $10 per team

STAR HIKE PARK POINT
What’s better than a night hike? A night hike at the beach! Join us as we hike and sip hot chocolate under the stars at Park Point.

THURSDAY, FEBRUARY 28, 6-9PM
Register By: Noon, Thursday, Feb 28
We Provide: Transportation & Instruction
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $5 UMD Students/$11 Others

OUTDOOR JOBS FAIR
Need a summer job? Looking for a great internship or employment after graduation? Interested in learning more about outdoor and environmental education professions? Join us to meet with representatives from summer camps, canoe camps, resource management and government agencies, environmental education centers, and others that will be on hand to answer your questions and talk about opportunities in outdoor and environmental education.

WEDNESDAY, FEBRUARY 6, 9:30AM-2PM
Meet: Kirby Student Center Main Hallway
Cost: Free!

FIRE MAKING
Come learn how to create a fire in all conditions. We will go through many different techniques and methods of making fires and learn the advantages and disadvantages of each.

TUESDAY, FEBRUARY 12, 5-7PM
Register By: Noon, Tuesday, February 12
Meet: Bagley Nature Area Classroom
Cost: Free!

NORTH SHORE STREAM SKI
The only thing more pleasant than skiing up a frozen North Shore stream is skiing back down it. We’ll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, FEBRUARY 17, 12-6PM
Register By: Noon, Friday, February 15
We Provide: Skis and Transportation
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $9 UMD Students/$18 Others

FULL MOON SNOWSHOE
Grab your snowshoes as well as a warm pair of mittens and join us on a beautiful full-moon snowshoe at Hawk Ridge. We will view the winter full-moon as it shines over Lake Superior. During our snowshoe, we will hike through woods to overlooks of the lake and enjoy a lovely, warm mug of hot chocolate.

TUESDAY, FEBRUARY 19, 5:30PM-8PM
Register By: Noon, Tuesday, February 19
We Provide: Transportation, Snowshoes
You Provide: Warm Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $4 UMD Students/$10 Others

YETI CHALLENGE
Rumor has it there’s a Yeti on Campus! Grab some friends (team of 4) as we compete to evade the mysterious legend of the snow. Teams will complete a three-legged snowshoe race, snow-yeti competition, giant snowball toss and more!

TUESDAY, FEBRUARY 26, 5-7PM
Register By: Noon, Tuesday, February 26
We Provide: Equipment for the events
You Provide: A 4 person team
Meet: Bagley Nature Area Classroom
Cost: $10 per team

STAR HIKE PARK POINT
What’s better than a night hike? A night hike at the beach! Join us as we hike and sip hot chocolate under the stars at Park Point.

THURSDAY, FEBRUARY 28, 6-9PM
Register By: Noon, Thursday, Feb 28
We Provide: Transportation & Instruction
You Provide: Clothing, Snacks, and Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $5 UMD Students/$11 Others
OUTDOOR ACTIVITIES

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

TUESDAY, MARCH 5, 5-7PM
Register By: Noon, Tuesday, March 5
Meet: Bagley Nature Area Classroom
Cost: $2 UMD Students/ $5 Others

WOODEN SPOON MAKING
The word spoon translates to a “chip of wood”. In this course you will learn how to make a wooden eating spoon with green woodworking techniques, all done with hand tools. Tools will be provided but feel free to bring any hook or whittling knife, small hatchets, or gouges.

SATURDAY, MARCH 23, 3-6PM
Register By: Noon, Friday, March 22
We Provide: Tools and Instruction
You Provide: Any tools you may have
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Students/ $8 Others

MAPLE SYRUPING: FROM TREES TO PANCAKES
Join us in UMD’s Bagley Nature Area for our annual maple syruping program. Learn syruping history, and how sap is collected and turned into maple syrup. You will tap maples, collect sap and sample the sweet stuff. You also will learn about resources so you too can make maple syrup. This is a great time to be in the woods.

MONDAY, MARCH 25, 5-8PM
Register By: Noon, Monday, March 25
We Provide: Maple Syruping Supplies and Instruction
You Provide: Clothing, Snacks, and Water
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Students/ $7 Others

GEAR SWAP
Join the UMD Outdoor Educators Club at their 21st Annual Outdoor Gear Swap/Fundraiser. Bring your outdoor gear to sell during the drop off times, and/or come to the sale and take advantage of some great deals! Gear to help people enjoy the outdoors will be sold by students, community members and local businesses. 15% of the sale price is taken to promote outdoor education. This is a Duluth tradition. Get there early for the best deals!

GEAR DROP OFF TIMES:
Friday, March 22, 3-7pm
Saturday, March 23, 8-9am
SALE: (OPEN TO EVERYONE)
SATURDAY, MARCH 23, 9:30-NOON
Meet: Malosky Stadium (follow the signs)

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

THURSDAY, APRIL 11, 5-7PM
Register By: Noon, Thursday, April 11
We Provide: Instruction
You Provide: Camera, can be checked out from the Media Hub
Meet: Bagley Nature Area Classroom
Cost: FREE for UMD Students/ $5 Others

HOW TO PLAN AND OUTFIT A TRIP TO THE BWCAW
Got spring fever and want to get ready for a trip to the Boundary Waters Canoe Area Wilderness? This clinic will go over everything you need to know to plan your own trips. This includes how to get permits, gear, route planning and skills you will need while out there.

TUESDAY, APRIL 16, 5-7PM
Register By: Noon, Tuesday, April 16
Meet: Bagley Nature Area Classroom
Cost: $3 UMD Students/ $7 Others
EARTH DAY CLEAN UP
Come join us for a friendly clean up session dedicated to celebrating our beautiful Earth! We’ll focus our energy on Bagley Nature Area, and other nearby natural areas.
**TUESDAY, APRIL 23, 5-7PM**
You Provide: Work gloves and clothes
Meet: Bagley Nature Area Classroom
Cost: FREE! Just show up.

DIAMOND WILLOW WALKING STICKS
Diamond Willow walking sticks have a long tradition in the northland and we will be taking the “step” to learn how they are made. We’ll actually go out to a local area to learn what to look for in finding a willow stick that will have a diamond pattern. Then everyone will get to harvest one or more and bring it back to the working area to begin the process of peeling, shaping and carving. You actually get to leave with your own walking stick!
**THURSDAY, APRIL 25, 5-8PM**
Register By: Noon, Thursday, April 25
We Provide: Instruction, knives, sample walking sticks
You Provide: Carving, whittling, or utility knife (if you have one)
Meet: Bagley Nature Area Classroom
Cost: $9 UMD Students/$18 Others

SUNRISE LAKE SUPERIOR PADDLE
Watching the sun come up in a wash of colors through the clouds is always a treat. Being able to see the scene reflected off the waters of Lake Superior around you and over the deck of a Sea Kayak brings that to the next level. Join us bright and early to experience this one of a kind sight for yourself!
**FRIDAY APRIL 26, 5-7:45AM**
Register By: Noon, Thursday, April 25
We Provide: Kayaks, PFDs, Wetsuits, and Transportation
You Provide: Snacks, Water
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $9 UMD Students/$18 Others

CAPTURE THE FLAG DAY
Two teams, one goal; survive. Come join us for a fun afternoon of capture the flag to end the semester! This is fun for all ages and all skillsets. Whether you are a beginner or a pro, you will have a great time playing capture the flag. We will play rain or shine.
**SUNDAY, APRIL 28, 2-4PM**
We Provide: Flags and Organization
Meet: Bagley Nature Area Classroom
Cost: FREE! Just show up!

SPRING NIGHT HIKE
Need a study break to get outside? Join us for a night hike through Bagley to give your brain a break and to get your body movin’. Hopefully, we’ll get to hear some of the frogs of spring coming to life after a long winter!
**TUESDAY, APRIL 30, 5-7PM**
Register By: Noon, Tuesday, April 30
We Provide: Hot Chocolate
You Provide: Clothing, Water
Meet: Bagley Nature Area Classroom
Cost: $2 UMD Students/$4 Others

HAMMOCKING IN BAGLEY
Soak in the end of the winter season hanging out in the trees! We’ll meet and walk back into Bagley to find great hammocking spots near campus and share tips and tricks to hammocking.
**SATURDAY, MAY 4, 1-4PM**
We Provide: Snacks
You Provide: Hammock
Meet: Bagley Nature Area Classroom
Cost: FREE!

WESTERN WATERFRONT BIKE AND PADDLE DAY
Duluth’s Western Waterfront is on a freshwater estuary that in springtime is a resting spot for thousands of migratory birds including pelicans, as well as a home to sturgeon and wild rice! Refresh your brain before finals! We will slip out into the river in kayaks, then bike a historic former railroad grade on our return. Our experienced leaders will introduce you to equipment, safety, kayak paddling techniques, and bike fit.
**SATURDAY, MAY 4, 9:30AM – 4:00PM**
Register by: Noon, Friday, May 3
We Provide: Bikes, helmets, kayaks, paddling gear, light snack.
You Provide: Bag lunch. A change of clothes and shoes, hat, mittens.
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $25 UMD Students/$40 Others
WILDERNESS TRIPS

SPRING BREAK TRIPS

HOT TENT BWCA
Don’t let the cold stop you from enjoying the BWCA! Experience this beautiful place in the colder months of the year, but don’t fret! Learn how to winter camp, and stay warm at night in the comfort of a hot tent, heated by a small wood stove.
SATURDAY, FEB 23, 8AM - SUNDAY, FEB 24, 6PM
Register By: Noon, Wednesday, Feb 20
We Provide: All group gear, transportation, food, and guidance
You Provide: Personal camping equipment, backcountry skis or snowshoes, warm clothes (full list available online)
Cost: $78 UMD Students/ $121 Others

SPRING BREAK BWCA
Experience the Boundary Waters in a season that people seldom enjoy. We will be skiing and snowshoeing across lakes and portages that look like a different snow covered planet. Learn how to winter camp like a pro and stay warm and dry while having fun in the snow.
MONDAY, MARCH 11 - THURSDAY, MARCH 14
Register By: Noon, Monday, March 4
We Provide: All group gear, transportation, food, and instruction.
You Provide: Personal camping equipment, backcountry skis or snowshoes, warm clothes (full list available online)
Cost: $158 UMD Students/ $298 Others

BACKPACKING THE APPALACHIAN TRAIL
Spend spring break hiking the world famous Appalachian Trail. Our route will explore the southern end of the trail through the legendary Great Smoky Mountains. We will likely talk with Appalachian thru-hikers who are just beginning their 2,069 mile journey to Maine. Days will be spent backpacking 5-12 miles, and our nights will be spent at either campsites or in AT shelters and one evening will be spent in a hostel. Plan on a mild athletic pace, stunning views, and simple living with new friends.
DEPART: 4PM FRIDAY, MARCH 8
RETURN: 8PM SUNDAY, MARCH 17
Register By: Noon, February 24
We Provide: Transportation, Group Gear, Food, Instruction
You Provide: Your own backpack, hiking boots/shoes, clothing and personal camping gear. (Backpacks are available for rent through RSOP.) A full equipment list is available on our website.
Cost: $495 UMD Students/$768 Others
UMD offers the use of two great indoor climbing walls on campus. In addition, we utilize several local, outdoor climbing areas for our courses and instruction. Whether perfecting your figure eight follow through knot or your gear placement on lead, we have courses and instruction catered to your level, taught by professional and experienced staff. All necessary climbing equipment is included in our sessions.

**ROPE CLIMBING HOURS (NORTH SHORE WALL)**
**MONDAY-THURSDAY, 4-10PM**
**FRIDAY & SATURDAY, 3-6PM**
A climbing pass is required.
Begins Tuesday, January 22

**PASS PRICING:**
Session Pass: $3 UMD Students/ $10 Others
5-Punch Pass: $10 UMD Students/ $30 Others
Semester Pass: $30 UMD Students/ $90 Others
Year Pass: $50 UMD Students/ $150 Others
-Climbing equipment included
-Show your Fall pass for $5 off your Spring pass
-Semester pass cost reduced after Spring Break

**WALL CLOSURES:**
The climbing walls are subject to closure for trainings, classes and other events. If you are planning a special trip to the climbing wall, please call ahead to ensure normal hours of operation during your trip.
Known closures:
-Spring break (March 8-17)
-Staff retreat (Saturday, Feb 9)
-Concrete Smorgasboard comp (April 9-13)
-Easter weekend (April 20)
-Finals (May 6-10)

**CLIMBING BIRTHDAY PARTIES**
-All climbing equipment provided
-Party rooms available
-$100 per hour base price, up to 12 participants
-Call for details and to schedule your party (218-726-6257)

**GROUP RESERVATIONS**
Climbing wall, low ropes course, swimming pool, party rooms
Scouts, corporate, sports teams, church groups, camps, families
Groups up to 20 may be accommodated
Call for pricing (218-726-6257)
**FREE CLIMBING OPPORTUNITIES**

**FREE WEEK**
Climbing is FREE January 22-26.

**FREE BOULDERING**
- Regular facility hours - excluding roped climbing hours
- Facility pass required
- Climbing pass not required
- Feet must stay below the red line
- Climbing shoes available upon request

**WOMEN ON THE WALL**
Calling all female-identifying people! Join us at the Inland Wall, located on the far side of the ice-rink! Beginners are always welcome. Bring your friends! This session is led by female identifying instructors. Instruction and equipment included.

**EVERY WEDNESDAY (8-10PM)**
Meet: Inland Wall
Cost: Free with UMD ID/$5 Others
No pre-registration required - just show up with your UMD ID.

**VALENTINE’S DAY PARTNER CLIMB**
Bring your climbing partner, significant other or friend and join us for a fun night of partner climbing. We will have fun partner climbing games and challenges for you to try! All equipment included.

**WEDNESDAY, FEB 14, 7-10PM**
Meet: Inland Wall
Cost: Free
No registration required

**BEGINNER BELAY CLINIC**
Learn how to belay in a low pressure, out of the way, reduced-stress environment. Specialized instruction for beginning climbers/belayers. Instruction and equipment included.

**5:00PM-8:00PM**
**SESSION 1: TUESDAY, FEBRUARY 5**
**SESSION 2: WEDNESDAY, FEBRUARY 27**
Meet: North Shore Wall
Cost: Free
No registration required

**WINTER CLIMBING AT QUARRY PARK IN DULUTH**
Mixed climbing combines both ice and rock climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginners welcome.

**SUNDAY, FEBRUARY 24, 9:00AM-5:00PM**
Register By: Friday, February 22
We Provide: All necessary climbing gear and transportation
You Provide: warm clothes, headlamp, snacks, water bottle
Meet: At the RSOP Rental Center
Cost: $20 UMD Students/$55 Others

**DESTINATION TRIPS**

**NO EXPERIENCE REQUIRED!**

**WEDNESDAY NIGHT ICE CLIMB**
Try ice climbing at a fun, hidden ice climb located within Chester Park, five minutes from campus. An excellent opportunity for beginners to see what ice climbing is all about. Instruction and equipment included!

**WEDNESDAYS IN JAN & FEB, 4:30-8:00PM**
Register By: 4PM Day Of, Walk-ups Accepted
We Provide: All necessary climbing gear and transportation.
You Provide: warm clothes, headlamp, snacks, water bottle
Meet: At the RSOP Rental Center
Cost: $5 UMD Students/$25 Others

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**FREE WEEK**
Climbing is FREE January 22-26.

**FREE BOULDERING**
- Regular facility hours - excluding roped climbing hours
- Facility pass required
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**5:00PM-8:00PM**
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Cost: Free
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**SUNDAY, FEBRUARY 24, 9:00AM-5:00PM**
Register By: Friday, February 22
We Provide: All necessary climbing gear and transportation
You Provide: warm clothes, headlamp, snacks, water bottle
Meet: At the RSOP Rental Center
Cost: $20 UMD Students/$55 Others

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**WEDNESDAYS IN JAN & FEB, 4:30-8:00PM**
Register By: 4PM Day Of, Walk-ups Accepted
We Provide: All necessary climbing gear and transportation.
You Provide: warm clothes, headlamp, snacks, water bottle
Meet: At the RSOP Rental Center
Cost: $5 UMD Students/$25 Others
ICE CLIMB: GOOSEBERRY FALLS STATE PARK
Learn beginner ice climbing techniques to work your way up a frozen waterfall. Explore one of Minnesota’s greatest State Parks through the unique lens of ice climbing. No experience required.
We provide: All necessary climbing gear and transportation
SATURDAY, JANUARY 26, 9AM - 5PM
Register By: Noon, Friday, January 25
You Provide: warm clothes, lunch/snacks, water bottle
Meet: At the “Trailhead”, SpHC Lobby
Cost: $20 UMD Students/$55 Others

WOMEN’S ICE CLIMB AT GOOSEBERRY
We welcome all female identifying people to spend a day with other active womyn amid the dazzling winter scenery of Gooseberry Falls State Park. Beginners are encouraged to sign up for this awesome adventure! This trip will be led by female identifying instructors.
SUNDAY, JANUARY 27, 9AM - 5PM
Register By: Noon, Friday, January 25
We provide: all necessary climbing gear and transportation
You provide: warm clothes, lunch/snacks, water bottle
Meet: RSOP “Trailhead”, SpHC
Cost: $20 UMD Students/$55 Others

CLIMB CASCADE
Mixed climbing combines both ice and rock climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginners welcome.
SATURDAY, FEBRUARY 16, 9:00AM-5:00PM
Register By: Noon, Friday, February 15
We Provide: All necessary climbing gear and transportation
You Provide: warm clothes, lunch/snacks, water bottle
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $20 UMD Students/$55 Others

ROUTE SETTING CLINIC
Learn how to design fun, challenging new climbing routes at UMD’s climbing walls. Bouldering and roped climbing routes. Join our experienced instructors to get off on the right hold for route setting. This clinic is the first step to getting certified to set routes on UMD’s climbing walls. No experience necessary.
TUESDAY, JANUARY 29, 6-9PM
Register By: Noon, Tuesday, January 29
Meet: North Shore Wall
Cost: $5 UMD Students/$10 Others

SPORT LEAD CLIMBING
Take your indoor climbing to a new level with lead climbing. Practice techniques for tying in, clipping quickdraws, falling safely, and belaying a lead climber. Prerequisite: Checked off to belay at UMD’s climbing walls.
TUESDAY, FEBRUARY 26, 6-9PM
Register By: Noon, Tuesday, February 26
We Provide: all necessary climbing equipment
Meet: North Shore Wall
Cost: $5 UMD Students/$10 Others

TRAD LEAD CLIMBING TECHNIQUES
Trad climbers use chocks, tri-cams, camming devices and other gear to place temporary anchors in cracks as they climb a route bottom to top. Learn techniques for getting started, placing pro, route finding strategies and belaying a leader all while getting practice outside!
Prerequisite: Checked off to belay at UMD’s climbing walls.
SATURDAY, APRIL 20, 9AM-5PM
Register By: Noon, Friday, April 19
We Provide: all necessary climbing equipment and transportation
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others
GYM TO CRAG: TOP ROPE ANCHORS SERIES

Session 1-Placing Protection
Learn the basics of placing several different types of climbing gear. We will focus on placement and evaluation of standard rock climbing protection. This is a great first class for a beginning climber looking to become self-sufficient in building your own anchors for top roping. No experience necessary, gear is provided, additional personal gear welcome.

THURSDAY, FEBRUARY 28, 6-9PM
Register By: Noon, Thursday, February 28
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others

Session 2-Indoor Practice, Connecting 2-4 piece anchors
Hands-on practice combining 2, 3 and 4 pieces of protection to create top rope anchors. Safety at the cliff edge and efficiency/timeliness will also be addressed. Gear is provided, additional personal gear welcome. Prerequisites: Anchors session 1 or equivalent experience placing climbing protection.

DATE/TIME: FRIDAY, MARCH 1ST, 6-9PM
Register By: Noon, Friday, March 1
Meet: Inland Wall
Cost: $5 UMD Students/$15 Others

Session 3-Outdoor Practice
Description: This session puts into play all that is learned in the first two sessions. Placing, connecting and setting up simulated and actual top rope climbs. Gear is provided, additional personal gear welcome. Prerequisites: Anchors sessions 1 and 2 or equivalent experience.

SATURDAY, MARCH 30, 9AM-5PM
Register By: Noon, Friday March 29
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $15 UMD Students/$45 Others

Session 4: Top Belay Setups
This final session introduces ideas for belaying from the top of the climb. This session will cover the basics when transitioning from belaying at the base to belaying at the top of a climb. Held at Shovel Point. This is not a climbing trip, it is an anchor building clinic. Gear is provided, additional personal gear welcome. Prerequisites: Anchor sessions 1 through 3 or equivalent experience. We provide: Transportation from UMD. You provide: warm clothing, lunch, snacks, water.

SUNDAY, MARCH 31, 9AM-5PM
Register By: Noon, Friday, March 29
Meet: RSOP “Trailhead”, SpHC Lobby
Cost: $15 UMD Students/$45 Others

MULTI-PITCH CLIMBING CLINIC
Learn the skills necessary for building anchors at the top of an outdoor climb, bringing up a second climber and transitioning at a belay ledge. Prerequisite: checked off to belay at UMD’s climbing walls.

WEDNESDAY, MARCH 6, 5-8PM
Register by: Noon, Wednesday, March 6
Meet: North Shore Wall
Cost: $15 UMD Students/$45 Others

INTRO TO BIG WALL
Learn the tips and skills necessary for days on the wall conquering one, big route, setting up a portaledge, rope management, haul systems, and gear. Prerequisite: checked off to belay at UMD’s climbing walls.

SATURDAY, APRIL 6, 9AM-3PM
Register by: Noon, Friday, April 5th
Meet: North Shore Wall
Cost: $5 UMD Students/$15 Others
INSTRUCTOR COURSES

SWIFT WATER RESCUE 205005
May 28-30, 9am-4pm
Cost: $318 UMD Students/$362 Others

AMERICAN CANOE ASSOCIATION STAND-UP PADDLEBOARD L1-L2 ICW 305014
June 20-23
$377 UMD Students/$420 Others

PROGRAM SUMMARY
Your first Kayak & Canoe Club pool session is free! Start with an introductory level experience. Get your Kayak & Canoe Club membership (UMD Students Only) and/or Kayak & Canoe Pass (UMD Students and Community) to further develop your skills in the pool. When you get both you double your pool training time on Thursdays 8-10pm. In April we explore Lake Superior and local rivers on the weekends.

INTRODUCTORY LEVEL POOL TRAINING SESSIONS & TRIPS

KAYAK & CANOE CLUB THURSDAY POOL SESSIONS
JAN 24  FEB 7,21  MARCH 7,21  APRIL 4,18  MAY 2
UMD Student focused casual instruction and practice time to prepare you for beginner and some intermediate level trips.
Meet: SpHC Pool, 8-10PM
You provide: Swimsuit, Towel
Cost: Your first session is FREE!
Annual dues are $30 UMD Students with free nose plugs for all annual members.
Single semester dues are $20 UMD Students. Two session spring creeker tune-up rate is $15.

SPRING THAW LAKE SUPERIOR
(Club Trip) Join us for a great afternoon of paddling through ice flows on the big lake. You must pass the beginner level skills check in the UMD Pool with Kayak & Canoe Club Officers before the trip.
SATURDAY, APR 13, 1-5 PM
Register by: April 5th pool session.
Meet: At the UMD Pool/Tennis Court

INTERmediate TO ADVANCED LEVEL POOL TRAINING SESSIONS & TRIPS

KAYAK & CANOE PASS HOLDERS THURSDAY POOL SESSIONS
JAN 17,31  FEB 14,28  MARCH 28  APRIL 11,25
Community focused fast paced progressive instruction with various types of equipment to prepare you for intermediate level trips and the possibility of future employment as a paddling instructor.
Meet: SpHC Pool, 8-10PM
You provide: Swimsuit, Towel
Cost: Kayak & Canoe Passes are $30 UMD Students/ $70 Others

MIDWAY RIVER
(Club Trip) We will put in at the Midway River (Class I- II+) for an amazing day of introductory river skills with friendly trained instructors. You must pass the intermediate level skills check in the UMD Pool with Kayak & Canoe Club Officers before the trip. Lunch will be provided.
SUNDAY, APR 14, 10 AM – 6 PM
Register by: April 12th pool session.
Meet: At the UMD Pool/Tennis Court

RIVER RENDEZVOUS WEEKEND DAY TRIPS 205009
(Club & Pass Holder Trips) Develop your skills while paddling class I-III whitewater on the St. Louis, Knife, Baptism or Montreal Rivers. We will explore and share paddling knowledge while descending a more challenging river on Saturday and an easier river on Sunday. Intermediate skills are required.
SATURDAY & SUNDAY, APRIL 27-28
Register by: April 19th pool session
Meet: At the UMD Pool/Tennis Court
Cost: Free for UMD Students in the Club and Pass Holders $30 for Non UMD Student Pass Holders
SURFING

SINGLE SESSION - UMD POOL BASED - SURF & SUP TRAINING 205103
Learn about paddling technique, awareness of board trim, turning skills, ducking waves, how to pop up into a stance and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water. This is a great chance to meet others interested in surfing, determine if you want to buy a Surf & SUP Pass for Fall Semester, learn about equipment, risk management and etiquette. Choose from five different pool sessions.
**TUESDAY (8:30-10:00PM) JANUARY 29, FEBRUARY 5, MARCH 26**
**FRIDAYS (9:00- 10:30AM) FEBRUARY 8, MARCH 22**
We Provide: Boards, Accessories, Instruction
You Provide: Swimsuit, Towel
Cost: $8 per session for UMD Students / $15 per session for Others

PLAN AHEAD FOR FALL SEMESTER SURFING & SUP OPPORTUNITIES
Surf & SUP programming is mainly offered in the Fall and our instructional sessions are designed to serve beginner to advanced skill levels. If you have limited time, sign up for the Lester River Boardsport Sampler held on September 7, 2019. Choose the Annual Surf & SUP Pass for $45 if you are a UMD Student and $115 for Others to achieve full access! Passes are limited to the first 20 people registered.

Surf & SUP Pass holders will be able to attend training sessions at the Lester River Surf Shack on Tuesday evenings from 5-8pm and UMD Pool based sessions on Fridays 8:30-11am in September and October. Most importantly you will receive e-mail invitations to join roughly six additional Lake Superior sessions whenever the conditions are favorable through the end of November. Longboard Skateboard Land Paddling outings will occur in the Fall and Spring for Surf & SUP Pass holders.

RIVER WAVE RIDING OR COASTAL TOURING IN CANADA: STAND UP PADDLEBOARD, SURFBOARD & KAYAK 105017
September 13-15, 2019
The Winnipeg River at Sturgeon Falls in Manitoba offers large glassy waves that can be surfed using a variety of equipment. If the river is too low we will explore and camp along the Lake Superior Coast in Ontario. Intermediate level skills are needed for this trip and they are developed through regular participation in the Surf & SUP Pass holder trainings. A valid Passport is required. Cost $90 UMD Students Only.

SUMMER 2019 SURF, SUP, FOIL, SURF SKI, SIT-ON-TOP KAYAK & PRONE PADDLEBOARD

FULL DAY OF SURF, SUP & FOIL SURFING INSTRUCTION AT ISLAND LAKE 305016
Join us from 9am- 5pm on Island Lake for our comprehensive Prone Surfboard pool based training content followed by SUP surfing instruction and Foil Surfing instruction using a ski boat wake. Four dates to choose from and a four person maximum group size.
**SATURDAY, JULY 13 • FRIDAY, JULY 19**
**SUNDAY, JULY 21 • FRIDAY, JULY 26**
Cost per session: $85 UMD Students/$155 Others

INSTRUCTION & EQUIPMENT DEMOS AT THE SURF SHACK
Join us at the Lester River mouth for basic instruction using our stand-up paddleboards, prone paddleboards, surf skis or kayaks, with paddle, lifejacket and wetsuit provided. Equipment is distributed on a first come first served basis.
Cost per session:
$20 UMD U-Card Holders / $25 Others
**FRIDAYS - 3:00-8:00PM: AUGUST 2, 9**
**SATURDAYS - 3:00-8:00PM: JULY 27, AUGUST 3, 10**
**SUNDAYS - 12:00-6:00PM: JULY 28, AUGUST 4, 11**

SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP - 108002
Plan now for March 6-15, 2020
Spend a solid week surfing, stand-up paddleboarding, beach combing and observing marine life. In So-Cal, surfing is built into the lifestyle. So much can be learned here. From our campsite at San Onofre State Park we can hit several surf breaks like the San-O Trails, Dog Patch, Old Mans, Churches, Middles, and other nice breaks in North San Diego County. We will watch the pros at Lower Trestles, visit the Surf Heritage Foundation, eat at the local hot spots and visit surf shops. In La Jolla we will paddle our SUPs with the leopard sharks, seals, garibaldi fish and other marine life.
Cost $425 UMD Students $695 Others
SNOW KITING

PROGRAM SUMMARY
Start with an introductory level session. Get your Snow Kite Pass to develop your skills on local lakes. We send e-mail notices for roughly ten lake outings on windy days. The Intro fee can be applied to your pass if you decide to get one. The Annual Snow Kite Pass is $45 if you are a UMD Student and $115 for Others.

KITE INTRODUCTION SESSIONS 205100
Learn to be a safe and efficient kite pilot with Professional Air Sport Association (PASA) Trained Snow Kite Instructor Randy Carlson and staff. We will introduce equipment design, safety concepts, kite launching, how to fly precision patterns, de-powering the kite for landing and harness use. When you put it all together, you will be able to use the kite to pull yourself on short reaches across the softball field.

TUESDAY, 11AM–1PM, JANUARY 22
FRIDAY, NOON–2PM, JANUARY 18
We Provide: Kites, Harness, Instruction
You Provide: Pants that can get grass stained, warm clothing that may include winter boots, snow pants, jacket with hood, mittens, hat, sunglasses.
Meet: Hallway outside the RSOP Day Office, 153 SpHC
Cost per session: $8 UMD Students / $15 Others. Transferable to an alternate date if wind is less than 10 mph. All sessions available to RSOP Snow Kiting Pass holders. Deduct the Intro Session fee from your annual pass if you’re hooked.

KITE INTRO & ONE LAKE OUTING 108005
Add one small group lake outing to your Intro Session. Deduct the fee from your annual pass if you’re hooked.
Cost: $25 UMD Students, $70 Others

FEBRUARY ONLY KITE PASS
If you are late to discover our snow kite program, bring all of your gear and take the Introduction Session at the lake then return for an additional lake session to refine your skills.
Cost: $30 UMD Students Only

LAKE OUTINGS
Lake kiting for all UMD RSOP Kite Members. If the forecast calls for at least 10 mph winds, it’s time to strap your equipment to your feet and learn to glide along using the kite’s power. Stay upwind by flying the kite with precision in the power zones while carving. Try flying the kite in a pattern that lifts you up in the air. Feel the rush of a downwind speed run. At Island Lake a snowmobile will assist beginners that need help getting back up wind.

RIP ACROSS ISLAND LAKE
SATURDAY 11AM–5PM JANUARY 19, FEBRUARY 9
We Provide: Kites, Harness, Helmets, Instruction with snowmobile support.
You Provide: Alpine or Telemark skis and Boots or Snowboard and Boots, Helmet, Snow Pants, Jacket with Hood, Mittens, Hat, Sunglasses, Water Bottle, Snacks
Skill Level: All Kite Pass holders may attend. Must be able to safely launch, steer, de-power, & relaunch kite before traveling away from launch area
Meet: Designated lake, Maps provided
Cost: Must be RSOP Snow Kite Pass holder.

PRIVATE SNOW KITING INSTRUCTION FOR THE COMMUNITY MEMBERS OF NORTHERN MN
Schedule a full day of snow kiting with your own instructor. We will call you one day in advance of a full day kiting session to check your availability and make sure the wind forecast is reliable.
COST: $150 PER PERSON / $130 WITH TWO
You become a Snow Kite Pass holder after your private session.
CONTACT RANDY CARLSON
218–726–6177 or rcarlso6@d.umn.edu for more details.

MILLE LACS LAKE KITE CROSSING
MARCH 2-3, 2019
Join us at this celebration of snow kiting. Qualified RSOP Snow Kite Pass Holders can enjoy access to our kite inventory if you are interested in racing. Enjoy meeting new kiters and learning from others. See Randy for details.

KETING FACTS: DID YOU KNOW...
Frozen inland lakes and the St. Louis River Basin near Duluth offer steady winds and open spaces for you to explore the excitement of snow kiting. The concept behind snow kiting is very basic: use the power generated from a large controllable kite to propel yourself across the snow or ice while riding a snowboard, alpine skis or even ice skates. Kites come in many sizes for use in specific wind conditions and are designed with open cell foils or inflatable chambers. Equipment consists of a kite, lines, control bar, harness and helmet. A Minnesota winter is the best time to learn the basics and snow kiting skills are very useful for those who wish to pursue kiting on the water. Come on out and join the fun!
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
Camping packages include a Tent, Cook Kit, Rain Tarp, Water Filter, 1 or 2 Burner Stove and First Aid Kit. Rental is Fri–Sun

WINTER CAMPING WEEKEND
Sleeping Bags, Sleeping Pads, Snow Shovel, Backcountry Skis or Snowshoes, 1 Pulk/Sled
Price: $65 UMD Students/ $80 Others

BREAK SPECIALS
Rent any gear for pick up on March 7 or 8 and return on March 18 and pay only 7-day rate in after the close of the Rental Center on your due date.

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.