

# R SOP

**Recreational Sports Outdoor Program** *University of Minnesota Duluth*  
*Summer 2019*



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



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

# WELCOME TO RSOP!



## HOURS OF OPERATION SUMMER 2019

MAIN OFFICE	Day	Hours
May 6-Aug 23 (153 SpHC)	Mon-Fri	8:00am-4:00pm

*RECREATION CENTER	Day	Hours
May 13-Aug 23	Mon-Fri	6:00am-6:00pm

\*The Recreation Center includes the following:  
 Lower Level- Free Weights & Selectorized (SpHC 92)  
 Upper Level- Cardio (SpHC 157)

RENTAL CENTER	Day	Hours
May 28-Aug 25 (154 SpHC)	Open Daily	12:00pm-6:00pm

POOL	Day	Hours
June 11-Aug 15 (Lap Swim)	Tue/Thr	6:30-8:00am
June 10-Aug 15 (Lap Swim)	Mon-Thr	12:00-1:30pm
June 14-Aug 9 (Lap Swim)	Fri	11:00am-1:30pm
June 15-Aug 10 (Lap Swim)	Sat	9:00-11:00am
June 10-Aug 15 (Open Swim)	Mon-Thr	7:00-8:00pm

FREE BOULDERING	Day	Hours
North Shore Wall May 13-Aug 23	Mon-Fri	8:00am-4:00pm

SURF SHACK	Day	Hours
Aug 2, 9	Fri	3:00pm-8:00pm
July 27, Aug 3, 10	Sat	3:00pm-8:00pm
July 28, Aug 4, 11	Sun	Noon-6:00pm

CAMP GROUND	Open Daily
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Park & walk-in access is available May 24-August 25.  
 Backpack thru-hiker access is available at any time.

All of our facilities will be closed May 27, July 4 and August 12-16.

## 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.

### INTERNET

Our website has a lot of additional information. Details of programs and many forms are available there. Check it out! [www.umdrsop.org](http://www.umdrsop.org)

### E-MAIL

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

## ACCOMMODATIONS

The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request a disability accommodation please contact the Main Office before your visit: 218-726-7128.

## GETTING A MEMBERSHIP

### FULL-TIME UMD STUDENTS

Upon presenting a U-Card, currently enrolled, full-time, Student Service Fee paying students will be allowed entry into the Recreational Facilities. Part-time or non Student Service Fee paying students may purchase a Membership in the RSOP Main Office.

### FACULTY, STAFF, ALUMNI, ALL OTHERS

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

## PARKING

Parking is free from May 11 - August 25 in Pay-Lot G which is accessed from St. Marie Street by turning onto University Drive. Do not park in front of the Sports and Health Center.

## PARTICIPATION

The University of Minnesota Duluth Recreational Sports Outdoor Program department (RSOP) offers recreational and outdoor opportunities to students, university faculty/staff, and the regional community. Eligibility to participate depends upon the program or activity.

### UMD STUDENTS

Programs, activities, and facilities are for you! Students who pay the Student Service Fee receive discounted pricing reflective of the financial support we receive from those students through the fee.

### 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" Program, North Shore Swim Club, KIDSROCK Summer 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.

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

**GREGG BATINICH** AQUATICS  
218–726–6295  
[gbatinich@d.umn.edu](mailto:gbatinich@d.umn.edu)

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

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

**MELODY DAVID-MCKNIGHT**  
SEA KAYAKING  
218-726-8231  
[dmcknigh@d.umn.edu](mailto:dmcknigh@d.umn.edu)

**PAT KOHLIN** MARKETING & GRAPHICS  
218–726–8801  
[pkohlin@d.umn.edu](mailto:pkohlin@d.umn.edu)

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

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

**TAMARA KRAMER** REGISTRATION  
& INFORMATION  
218–726–6533  
[takramer@d.umn.edu](mailto:takramer@d.umn.edu)

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

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

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

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

**CHRIS SEVERSON** REGISTRATION  
& INFORMATION  
218–726–7424  
[cseverso@d.umn.edu](mailto:cseverso@d.umn.edu)

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

# PASSES & FEES

## MEMBERSHIP

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

	ONE SEMESTER	SUMMER	ANNUAL
Full-Time UMD Student ·	Free	Free	N/A
Part-Time UMD Student	\$75	\$55	N/A
Area College Students	\$100	\$70	N/A
UMD Faculty/Staff ··			
UMD Faculty/Staff	\$95	\$65	\$216
Dependents 16 and over	\$95	\$65	\$216
Under 16 ····	\$70	\$50	\$130
Affiliate ···	\$115	\$75	\$235
UMD Alumni	\$140	\$100	\$295
UMD Alumni Dependents			
16 and over	\$140	\$100	\$295
Under 16 ····	\$90	\$55	\$180
Community 16 and over	-	\$125	-
Community under 16	-	\$60	-

· Currently enrolled Full Time UMD Students are assessed a student service fee that covers facility Membership for the current term. Your UCard is used to confirm eligibility.

·· Payroll deduction is only available the month of Sept. and is only available for an annual pass.

··· UMD employees with less than 50% appointment, med school adjunct, religious advisors, etc...

···· Must be accompanied by a pass-holding parent or guardian.

Guest Pass \$8 per day

Conference Pass \$30 per week available to organized on-campus conferences.

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

## GROUP FITNESS PASS

The group fitness program is for both UMD folks and community. Summer Classes run June 3 through August 1.

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 UMD Student Service Fee payers/ \$60 Others

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 2019!

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 Student Service Fee payers and others reflects the financial support we receive from those students through the fee. We try to set our prices as reasonably as possible. Support for our programming comes from user fees, rather than tax dollars.





**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 3 - AUGUST 1**

Meet: SpHC 96 (Gold room) unless indicated otherwise.

Passes can be purchased in SpHC 153.

Cost: See Passes & Fees on page 3



# "UMD KIDSROCK" SUMMER CAMP



The UMD KIDSROCK program offers nine 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 14-17 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 must be provided for each campers as well as bag lunch/snacks, swimsuit/goggles, towel, hat, tennis shoes, and appropriate indoor/outdoor clothing for daily activities and weather conditions. As part of the Registration Packet you will receive camp information (items to bring, camp rules, directional maps, camp itinerary, etc.) and participant forms to complete for each youth participant (health forms, swim form, etc.).

## REGISTRATION DAY!

Registration for UMD KIDSROCK will begin on **March 2**, 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 Cancellation 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.

### CLASSIC CAMP (5-12 years old)

These camps 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).

### CLIMBING CAMP (8-12 years old)

Campers experience, training, knowledge, skills, and practice in climbing indoor and outdoor for all levels and abilities (limit 18 campers/week). Camper will utilize the two indoor climbing walls at UMD and take climbing trips to Ely's Peak, Silver Cliff, and Whoopee Wall.

### RIVER CAMP (8-12 years old)

Campers experience, training, knowledge, skills, and practice in paddle sports and river activities for all levels and abilities (limit 18 campers/week). Campers will explore and learn about the local rivers and Lake Superior while canoeing, paddle boarding and enjoy other paddle sports.

### VENTURE CAMP (12-15 years old)

These camps provide 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).

### BIKING CAMP (8-12 years old)

Campers experience, training, knowledge, skills, and practice in road biking and trail riding for all levels and abilities (limit 18 campers/week). Campers will ride their bikes around UMD Campus, through Hartley Park and Lester Park trails and the many other local bike trails.

### JC PROGRAM (14-17 years old)

This program offers teenagers and young adults an opportunity to experience the responsibilities of camp operations in a fun learning environment. To apply please email KIDSROCK.



## **COSMOS CAMP** (8-12 years old)

This specialty camp provides an experience that is out of this world. Campers will explore the cosmos in the Marshall W. Alworth Planetarium guided by astronomy experts. Throughout the week, campers will learn how to navigate the night sky and then hop in our space ship and journey from Earth through the Solar System and beyond! Campers will spend the morning in the Planetarium enjoying activities planned by UMD Planetarium Staff.

## **PHARM CAMP** (8-12 years old)

This specialty camp provides campers with fun and interactive hands-on learning about medicine and pharmacy! Campers will identify medicinal plants on a nature hike, learn how to compound their own lip balm, attempt to solve a pharmacy-themed escape room, and more! Campers will spend the morning in the Pharmacy School enjoying activities planned by UMD Pharmacy Professionals.

## **SPANISH CAMP** (6-9 years old)

This week, campers will gain vocabulary, expand their knowledge of communities and cultures where Spanish is spoken, and become more comfortable in the target language through fun activities led in Spanish indoors and outdoors. Open to all levels of Spanish learners. Beginning concepts will be explored and will be modified to suit the level of all Spanish learner campers. Campers will spend the morning in the College of Liberal Arts enjoying activities planned by UMD

### KIDSROCK SUMMER DAY CAMP SCHEDULE 2019

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
	June 10-14	June 17-21	June 24-28	July 1-3	July 8-12	July 15-19	July 22-26	July 29-Aug 2	August 5-9
CLASSIC CAMP (5-12yo)	\$180	\$180	\$180	\$110	\$180	\$180	\$180	\$180	\$180
CLIMBING CAMP (8-12yo)	\$220	\$220	\$220		\$220	\$220	\$220		
VENTURE CAMP (12-15yo)					\$220				\$220
BIKING CAMP (8-12yo)		\$220	\$220						
RIVER CAMP (8-12yo)								\$220	\$220
COSMOS CAMP (8-12yo)						\$200			
PHARM CAMP (8-12yo)							\$200		
SPANISH CAMP (8-12yo)								\$200	
POST-CAMP	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00

#### **DAILY SCHEDULE**

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

**REGISTRATION DAY DISCOUNT** - 10% off camp registration purchases made on March 2, 2019.

**UMD FACULTY/STAFF DISCOUNT**– 5% off final cost (excluding Registration Day) for all current UMD Faculty & Staff members. This discount is valid through June 10, 2019

Please send your questions about UMD KIDSROCK to [kidsrock@d.umn.edu](mailto:kidsrock@d.umn.edu)

Visit the RSOP website for more details about each camp - [www.umdrsop.org](http://www.umdrsop.org)



# AQUATICS



## LAP AND OPEN SWIM SCHEDULE SUMMER 2019 (JUNE 10-AUGUST 15)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lap Swim 6:30-8:00am		Lap Swim 6:30-8:00am		
					Lap Swim 9:00-11:00am
Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 11:00am-1:30pm	
Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm		

### 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.

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.



### OPEN WATER SCUBA COURSE

SUNDAYS 3-6PM

JULY 7, 14, 21, 28

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 [vikingdiver64@gmail.com](mailto:vikingdiver64@gmail.com)

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

## RENT OUR POOL



Rent our pool and have a splashing good time at your next party or event. Perfect for private parties, family gatherings, youth groups & special events.

1-20 PATRONS	\$45/HR	2 GUARDS
21-35 PATRONS	\$60/HR	3 GUARDS
36-50 PATRONS	\$80/HR	4 GUARDS
51-75 PATRONS	\$100/HR	5 GUARDS

To reserve the pool, contact Jacob Schoenfuss, [schoe799@d.umn.edu](mailto:schoe799@d.umn.edu) (March 1-May 10), contact Gregg Batinich, [gbatinic@d.umn.edu](mailto:gbatinic@d.umn.edu) (May 11-Aug 15).





### 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

**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**

### 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**

**SAT, APRIL 13, 1-5PM**

**SUN, APRIL 14, 10AM-12PM**

For inquires pertaining to either of these courses, please contact Jacob Schoenfuss (LGI) [schoe799@d.umn.edu](mailto:schoe799@d.umn.edu)

## NORTH SHORE SWIM CLUB

### SUMMER LONG COURSE SEASON: APRIL 9 - AUGUST 3

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

### SUMMER PRACTICE SCHEDULE JUNE 11-AUGUST 3

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 = \$68

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

### NSSC MASTERS SWIM PROGRAM

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

**MAY 7 - AUGUST 3, 2019**

**MONDAY, WEDNESDAY & FRIDAY 6:30-8AM**

**& SATURDAY 7-9AM**

Cost: \$70 for the NSSC Punch Pass (good for 12 sessions)

# UMD RSOP AQUATICS SWIM LESSON SCHOOL

## SUMMER SWIM LESSON PROGRAM 2019

Session	Dates	# of Lessons	Registration Deadline	Fee
Session 1	June 10-13, 17-20	8, 30min lessons	am lessons: 4pm, June 7 pm lessons: noon, June 10	\$70.00
Session 2	June 24-27, July 1-2	6, 30min lessons	am lessons: 4pm, June 21 pm lessons: noon, June 24	\$52.50
Session 3	July 8-11, 15-18	8, 30min lessons	am lessons: 4pm, July 3 pm lessons: noon, July 8	\$70.00
Session 4	July 22-25, 29-31, Aug 1	8, 30min lessons	am lessons: 4pm, July 19 pm lessons: noon, July 22	\$70.00
Session 5	August 5-8, 12-15	8, 30min lessons	am lessons: 4pm, Aug 2 pm lessons: noon, Aug 5	\$70.00

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.



**MADELINE**  
Lead Student Staff



**EMMA**  
Lead Student Staff



**ALY**  
Lead Student Staff

### 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 the RSOP Main Office. Phone: 218-726-7128 • Email: rsop@d.umn.edu

### 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

**Serving generations of Northland families with the highest quality America Red Cross swim lesson instruction for over 27 years.**



## SEA KAYAKING COURSES AND TRIPS

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

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

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

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

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

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

### APOSTLE ISLANDS SEA KAYAKING

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



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

## WHITewater PADDLING COURSES

### CLASS I-II WHITewater KAYAK RIVER RUNNING

This one to three day course is for kayakers who wish to run rivers. No previous experience is required and if you have experience we will build on your existing skills. 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 refining strokes on flatwater, progress to moving water maneuvers and combine it all during a whitewater river running experience on day two or 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 WHITewater OPEN CANOE COURSE

Learn the skills it takes to travel down a whitewater river in royalex tripping canoes. This one to 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. Our 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 dates.

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

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

### WHITewater CUSTOM COURSES:

Call to arrange a date for your group.

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

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

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

## 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 28-30, MEET AT THE OUTPOST, 9AM-4PM**

Cost: \$318 UMD Student Service Fee payers/\$362 Others

### AMERICAN CANOE ASSOCIATION STAND-UP PADDLEBOARD L1-L2 ICW

The Instructor Certification Workshop is designed to train Instructor Candidates at Level 1: Introduction to SUP and up to Level 2: Essentials of SUP. Candidates will prepare lessons, practice teach, analyze videotape, refine strokes, improve SUP skills and complete skills exam on Thomson Reservoir and Lake Superior.

**JUNE 20-23, MEET AT THE OUTPOST, 8:30AM-6PM**

Cost: \$377 UMD Student Service Fee payers/\$420 Others



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



**INSTRUCTION & EQUIPMENT DEMOS AT THE SURF SHACK**

Make a new connection with Lake Superior. Our staff and equipment will be set up at the Surf Shack on the west side of the Lester River mouth on several Fridays, Saturdays and Sundays. We provide basic instruction, stand-up paddleboard, prone paddleboard, surf ski or kayak, paddle, lifejacket and wetsuit. Equipment is distributed on a first come first served basis. Cost per session:

\$20 UMD Student Service Fee payers / \$25 Others

- FRIDAYS, 3-8PM: AUGUST 2, 9**
- SATURDAYS, 3-8PM: JULY 27, AUG 3, 10**
- SUNDAYS, NOON-6PM: JULY 28, AUG 4, 11**



**PRONE SURF, SUP & FOIL SURFING INSTRUCTION**

Learn the fundamentals of surfing and establish a game plan for exploring Lake Superior. Join us from 9am-5pm at the Island Lake Park Public Beach for our comprehensive prone surfing class with ski boat wake riding. This class features equipment selection, care, board control, paddling efficiency, whitewater impact strategies, pop-up, stance, posture, board trim, edging, angling, turning and surf etiquette.

After prone surfing we move into a surfing style of SUP paddling and culminate with the hottest new trend - foil surfing! You will get to try foil surfing behind a ski boat and feel your board lift up in the air, literally flying above the surface of the water. Our extensive board inventory and short mast large wing foil set-up allows us to match your ability with the overall intensity of the experience. Lunch break topics and our information packet will help prepare you for the surfing journey that lies ahead. Choose from four different dates with a four person maximum group size.

**SATURDAY, JULY 13 • FRIDAY, JULY 19 • SUNDAY, JULY 21 • FRIDAY, JULY 26**  
Cost per session: \$85 UMD Student Service Fee payers / \$155 Others

**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. Call to arrange dates.

**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.

**LAKE SUPERIOR COASTAL TOUR: 4 HOURS, \$35/PERSON (6-12 PEOPLE)**  
**APOSTLE ISLANDS EXTENDED TRIP: 4 DAYS, \$280/PERSON (6-12 PEOPLE)**

**WHITewater 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)**



### 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. Call for pricing and to arrange a date for your group.

### 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 for pricing and to arrange a date for your group.

### 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. Call for pricing and to arrange a date for your group.

### 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. \$100/hour/group for a 1, 1.5 or 2 hour block.

### BIRTHDAY PARTIES ON THE WALL

Great fun for kids ages 7 and up! Parties include private use of the climbing wall, instruction, equipment, treats hidden on the wall for climbers to find and a free climbing session pass for the birthday person. Max group size is 12. Call to arrange a date for your group. \$100/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. Call for pricing and to arrange a date for your group.





## 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 24-August 26, 2019. 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](http://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 [umdrsop.org](http://umdrsop.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 daily, 12:00pm-6pm at 154 Sports and Health Center on the UMD Campus.

[umdrsop.org/rental](http://umdrsop.org/rental)

218-726-6134

See the next page for a full list of gear.

# EQUIPMENT RENTAL

## EQUIPMENT RENTAL CENTER 154 SPHC

OPEN DAILY: 12-6pm, May 28-August 25  
Closed May 27 and July 4

### THE RENTAL PROCESS

Reserve Your Gear: Stop by or call  
218-726-6134. Full rental amount is due at time of reservation.

### RENTAL RATE CALCULATOR

1 Day (up to 24 hours):

List Price (LP) x 1

Weekend:

(Fri-Mon, 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.

# UMD

## Recreational Sports Outdoor Program

UNIVERSITY OF MINNESOTA DULUTH  
Driven to Discover

## RENTAL ITEMS & LIST PRICES (LP)

UMD STUDENTS GET 10% DISCOUNT ON ALL EQUIPMENT

TENTS & SHELTERS	LP	SPORT EQUIPMENT	LP
1 person tent (Eureka)	6.5	Disc Golf driver, putter: Free UMD students/\$1 Others	
2 person tent (Marmot)	8	Kickball Kit	5
3 person tent (Marmot)	9.5	Dodgeball Kit	5
4 person tent (Marmot)	12	<b>MISCELLANEOUS</b>	<b>LP</b>
Rain Tarp (10x14) or (9x12)	4	Slackline Kit	4
Hammock	7	Folding Camp Chair	3
<b>STOVE/ COOKING GEAR</b>	<b>LP</b>	Trowel	.50
2 Burner Stove (Coleman)	4	Head Lamp	2
1 Burner Stove (Coleman)	3.5	First Aid Kit	3
Isobutane Stove (Optimus Vega) (No Fuel)	3.5	Axe	3.5
Optimus Nova (no fuel)	3.5	Bear Rope Kit	2
MSR Dragonfly (no fuel)	3.5	Folding Camp Saw	1.5
Alcohol Stove	2	Binoculars	2
Cook Kit (Lg) up to 10 people	2.5	Compass (Orienteering Style)	1
Cook Kit (Md) up to 6 people	2.5	<b>CLIMBING INDOOR/ OUTDOOR</b>	<b>LP</b>
Cook Kit (Sm) up to 3 people	2	Rock Climbing Shoes	2
Utensil Kit	1	Climbing Harness	2
Fuel Bottle (empty)	.50	Climbing Helmet	2
White Gas Fuel 22oz or 32oz	4/5	Crash Pad	5
ISObutane Fuel Canister 4oz or 8oz	5/7	Ice Climbing Boots	6
Water Filter (Ceramic)	5	Crampons	4
<b>FISHING</b>	<b>LP</b>	Ice Axes (1 pair)	12
Spin Casting Rod/Reel Combo (Collapsible)	2	<b>CANOE (May 16-Oct 20) Includes 2 paddles, 2 pfd's and tie down kit, Portage pads</b>	<b>LP</b>
Smelting Net	5	Aluminum Canoe (Alumacraft)	20
Clam Ice Shelter	15	Royalex Canoe (Wenonah)	24
<b>PACKS</b>	<b>LP</b>	Solo Royalex River Tripping Canoe	22
Backpack (Granite Gear)	4.5	Plastic Paddle	2
Duluth Pack #3 or #4	3/4	PFD/Life Jacket	3
<b>SLEEPING BAGS</b>	<b>LP</b>	<b>SEA KAYAKS (May 16-Oct 5) Includes Wet-suit, Skirt, Paddle, PFD, Pump, Paddle float, Tie down kit, Dry bags</b>	<b>LP</b>
Sleeping Bag (to 35 F)	3.5	Single Kayak	40
Sleeping Bag (to 20 F)	4.5	Tandem Kayak	65
Sleeping Bag (to 0 F)	4.5	<b>RECREATIONAL KAYAKS (May 16-Oct 5)</b>	<b>LP</b>
Self Inflating Pad	2	Single Recreational Kayak	18
Closed Cell Foam Sleeping Mat	1	<b>STAND UP PADDLEBOARD (May 16-Oct 5)</b>	<b>LP</b>
<b>WINTER GEAR</b>	<b>LP</b>	Includes Board, Paddle, PFD, Wetsuit, Tie down kit, Leash	30
XC SKI PACKAGE SKIS, POLES, BOOTS		<b>TRANSPORTATION</b>	<b>LP</b>
*Classic Skis No Wax or Waxable	10	Canoe Trailer	37
*Skate Skis	12	*Mountain Bike / 29er	20
Telemark Ski Package Skis, Poles, Boots	16	*City/Path Bike	14
Back Country Ski Package Skis, Poles, Own Winter Boots	8	Buck-A-Bike (Same Day Return)	1
Wax Kit Kick Wax, Cork, Scraper	1.5	*Fat Bike	35
Snow Shovel	2	Bike Helmet	1
*Ice Skates	4	Bike Lock	1
Pulk Sled	3	Fender Blender Bike (organized groups only)	20
*Snow Sled	3	<b>CLOTHING</b>	<b>LP</b>
*Snowshoes (metal or wood)	9	Rain Jacket	3
*These items are available for 2 and 6 hour periods. (See rate calculator)		Rain Pants	3
		Wetsuit, PFD, Paddling Jacket pkg.	9
		Wetsuit	6

The University of Minnesota Duluth is an equal opportunity educator and employer. Recreational Sports Outdoor Program is a student service fee supported organization.