

R SOP

Recreational Sports Outdoor Program *University of Minnesota Duluth*
Summer 2020



**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 2020

MAIN OFFICE	DAY	HOURS
May 4-Aug 28 (153 SpHC)	Mon-Fri	8:00am-4:00pm

*RECREATION CENTER	DAY	HOURS
May 11-Aug 28	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 26-Aug 30 (154 SpHC)	Open Daily	12:00pm-6:00pm

POOL	DAY	HOURS
June 9-Aug 13 (Lap Swim)	Tue/Thr	6:30-8:00am
June 8-Aug 13 (Lap Swim)	Mon-Thu	12:00-1:30pm
June 12-Aug 14 (Lap Swim)	Fri	11:00am-1:30pm
June 13-Aug 15 (Lap Swim)	Sat	9:00-11:00am
June 8-Aug 13 (Open Swim)	Mon-Thu	7:00-8:00pm

FREE BOULDERING	DAY	HOURS
North Shore Wall	Mon-Fri	6:00am-6:00pm
May 11-Aug 28		

SURF SHACK	DAY	HOURS
July 31, Aug 2	Fri	3:00pm-8:00pm
July 25, Aug 1, 8	Sat	3:00pm-8:00pm
July 26, Aug 2, 9	Sun	Noon-6:00pm

CAMP GROUND OPEN DAILY

Park & walk-in access is available May 9-August 30.
 Backpack thru-hiker access is available at any time.

All of our facilities will be closed May 25, July 4 and August 17-21.

HOW TO REGISTER & RECEIVE INFORMATION

In Person

Stop in at 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 voice mail, 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 online. Check it out! www.umdrsop.org

E-Mail

rsop@d.umn.edu

GETTING A MEMBERSHIP

Full-time UMD Students

Upon presenting a U-Card, currently enrolled, full-time students who have paid their Student Service Fee will be allowed entry into the Recreational Facilities. Part-time, or students who have not paid the Student Service Fee, 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 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 activities 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 students, 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

UMD Alumni are encouraged to participate in activities, and to use the facilities. Intramural Sports are not available to alumni.

UMD Faculty & Staff

UMD Faculty & Staff are encouraged to participate in activities and to use the facilities.

IDENTIFICATION NEEDED

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



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.

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dmcknigh@d.umn.edu

TAMARA KRAMER REGISTRATION & INFORMATION
218-726-6533
takramer@d.umn.edu

MEMBERSHIP

Membership allows access to facilities during available hours (see schedule inside cover). For full-time UMD Students who have paid their Service Fee, your UCard is your Facilities Pass. Facilities include: Jogging Track, Gymnasium, Tennis Courts, Weight Room, Cardio Room, Pool, and Fieldhouse.

	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 ••	\$95	\$65	\$216
UMD Faculty/Staff Dependents 16 and over	\$95	\$65	\$216
UMD Faculty/Staff Dependents Under 16 •••	\$70	\$50	\$130
Affiliate ••••	\$115	\$75	\$235
UMD Alumni	\$140	\$100	\$295
UMD Alumni Dependents 16 and over	\$140	\$100	\$295
UMD Alumni Dependents under 16 •••	\$90	\$55	\$180

- 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 18, and is only available for an annual pass.
- Must be accompanied by a pass-holding parent or guardian.
- UMD employees with less than 50% appointment, med school adjunct, religious advisors, etc.

Guest Pass: \$8 per day

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

Faculty/Staff one month pass: available for 30 days from purchase: \$30

The replacement fee for a lost pass is \$5.

GROUP FITNESS PASS

The group fitness program is for both UMD folks and community. Summer Classes run June 1 through August 7.

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 during lap swim and public swim. If you do not have a Membership, you must purchase a “One-Time Pass” or a “10-Punch Card”. Punch Cards and Passes are available for purchase during normal business hours in the Main Office (153 SpHC). Our pool has accommodations for individuals with disabilities.

Pool, 10-Punch Card

Adult, \$40

Youth & Senior \$30

Pool, One-Time Pass

Adult \$4

Youth & Senior \$3

LOCKER RENTAL

Locker rental is available for students and employees who have active RSOP Memberships.

Employees: \$30 Semester

Students: \$20 Semester



A WORD ABOUT PRICING

Full-time UMD students who pay the Student Service Fee, and part time UMD students who purchase a Membership, receive the discounted rate of “UMD Student Members”. Everybody else pays the rate of “Others”. The price difference 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.



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. 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 1 - AUGUST 6

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

Passes can be purchased in SpHC 153.

Cost: See Passes & Fees on page 3



The UMD KIDSROCK program offers ten weeks of summer camp with options for children ages 5-15 years old. Choose from Classic Camps, Venture Camps, Exploration Camps and a Junior Counselor Program for teenagers 15-17 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, 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 camper as well as a bag lunch/snacks, swimsuit/goggles, towel, hat, tennis shoes, and appropriate indoor/outdoor clothing for daily activities and weather conditions. Please view our Information Booklet and Registration Information online, where 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, etc.).

REGISTRATION DAY!

Registration for UMD KIDSROCK will begin on **MARCH 21, 2020**, 9am-1pm at SpHC 135 in the Sports & Health Center. All camp purchases made in-person during the event will receive a 10% discount. Registration is based on a first come, full payment basis; please visit the RSOP website for details on our camp Registration Policy and Cancellation Policy. This event is in-person only. Walk-in, phone and online registration will begin Monday, March 23, 8am.

CLASSIC CAMP (ages 5-10)

66 Campers per week

Classic Camps are week-long day camps that provide an exciting environment for children to be active, creative, and learn within small age-appropriate groups. Each week of Classic Camp has a theme with related activities, projects, special events and dress-up days.

CLASSIC CAMP PLUS (ages 10-14)

18 Campers per week

Classic Camp Plus will participate in similar activities as our traditional Classic Camp, but these campers will have more opportunities for age-appropriate activities and exploration!

JUNIOR COUNSELOR PROGRAM

(ages 15-17)

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@d.umn.edu.

VENTURE CAMPS

(14 Campers/Week)

CLIMBING CAMP (ages 8-12)

Climbing Camp provides campers with firsthand experience and practice climbing indoors and outdoors for beginner to intermediate skilled climbers. Basics of knot tying, harness fit, route finding and climbing skill ranging through 5.8 will be mastered throughout this session. Campers will utilize the indoor climbing walls at UMD and take climbing trips to Ely's Peak, Silver Cliff and Whoopee Wall.)

ADVANCED CLIMBING CAMP

(ages 10-14)

Advanced climbing camp provides campers with prior climbing knowledge and experience the opportunity to build new skills that will further round out the climbing experience. We will be climbing at similar sites as the regular climbing camp but seeking out more difficult routes to further challenge campers

BIKING CAMP (ages 9-12)

Campers will experience and practice road biking and trail riding! All levels and abilities welcome. Campers will ride their bikes around UMD Campus, through Hartley Park and Lester Park trails and the many other local bike trails.

LAKE & RIVER CAMP (ages 10-12)

Campers will experience paddle sports through lake and river activities for all levels and abilities. Campers will explore and learn about local water resources like Lake Superior while canoeing, paddle boarding and enjoying other paddle sports.

EXPLORATORY CAMPS

(22 Campers/Week)

GET CREATIVE: EXPLORATION IN ART & DESIGN (ages 8-12)

"Get Creative" is led by faculty members from UMD's Department of Art & Design. Not only will campers "get creative" in the UMD studios but they will visit the Tweed Museum of Art to gain inspiration for their own creations. Each day of the week will include a different project that introduces campers to areas of studio art and graphic design.

SPANISH CAMP (ages 6-9)

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. Two levels will be offered: beginning (children with little to no experience with Spanish) and intermediate (children who have attended at least one year of immersion school in Spanish language, or comparable experience). Campers will spend the morning in the College of Liberal Arts enjoying activities planned by UMD Spanish Faculty and UMD Spanish Club Students.

STEM IN ACTION: PHYSICS & ENGINEERING CAMP (ages 9-14)

Lights, magnets, action! In this week-long exploration camp, campers will get the opportunity to play with LED's, magnets, hot glue and other materials using science and engineering to get things rocking, lighting up, and moving! This camp will involve lots of experiments, where campers will take home examples of their work to show off to their friends and family. Come join faculty and staff from UMD's Physics and Electrical Engineering Departments for some fun physics and electrical engineering projects!

UMD KIDSROCK SUMMER CAMP

COSMIC KIDS CAMP (ages 6-8)

Campers will adventure through the cosmos in the Marshall W. Alworth Planetarium guided by UMD Planetarium Staff. This camp is tailored to younger participants through activities and crafts. Serving as an introduction to the night sky, students will explore the stars, constellations, planets, and beyond!

COSMIC ADVENTURES CAMP

(ages 9-12)

Campers will explore the cosmos in the Marshall W. Alworth Planetarium guided by astronomy experts and enthusiasts. Throughout this week, campers will learn about our universe through fun creations and cosmic investigations geared toward an older age range. Campers will spend the morning in the Planetarium enjoying activities planned by UMD Planetarium Staff.

WATER WONDERS: SCIENCE & ENGINEERING CAMP (ages 9-14)

Water Wonders: Science & Engineering Camp will focus on water quality (studying microscopic organisms), hydrology (learning how water changes the landscape), forestry (managing forests to maintain water quality) and stream science (observing and measuring a local creek). Students will work with faculty and staff from UMD's Swenson College of Science and Engineering Departments.

SPORTS CAMP (ages 8-12)

This camp provides campers with the opportunity to gain a new appreciation for a variety of sports in a non-competitive environment. Each day will be focused on an individual sport, where campers learn and practice the basic skills through drills, games

and light competition. Examples of sports may include soccer, badminton, disc golf, spike ball, ultimate (frisbee) or other court and net sports. Recreational Sports Intramural Staff will lead participants in morning activities.

PHARM CAMP (ages 8-12)

This 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 ointment, solve pharmacy cases, and more! Campers will spend the morning in the Pharmacy School enjoying activities planned by UMD Pharmacy faculty and student staff.

KIDSROCK SUMMER DAY CAMP SCHEDULE 2020

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
	June 8-12	June 15-19	June 22-26	June 29 - July 1	July 6-10	July 13-17	July 20-24	July 27-31	August 3-7	August 10-14
CLASSIC CAMP (ages 5-10)	\$180	\$180	\$180	\$110	\$180	\$180	\$180	\$180	\$180	\$180
CLASSIC CAMP PLUS (ages 10-14)	\$180	\$180	\$180		\$180	\$180	\$180	\$180	\$180	\$180
CLIMBING CAMP (ages 8-12)	\$220	\$220				\$220				
ADVANCED CLIMBING CAMP (ages 10-14)			\$220				\$220			
BIKING CAMP (ages 9-12)					\$220			\$220		
LAKE & RIVER CAMP (ages 10-12)									\$220	\$220
GET CREATIVE: EXPLORATIONS IN ART & DESIGN (ages 8-12)	\$200									
SPANISH CAMP (ages 6-9)		\$200								
STEM IN ACTION: PHYSICS & ELECTRICAL ENGINEERING (ages 9-14)			\$200							
COSMIC KIDS CAMP (ages 6-8)					\$200					
COSMIC ADVENTURES CAMP (ages 9-12)						\$200				
WATER WONDERS: SCIENCE & ENGINEERING CAMP (ages 11-14)							\$200			
SPORTS CAMP (ages 8-12)								\$200		
PHARM CAMP (ages 8-12)									\$200	
POST-CAMP	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00

DAILY SCHEDULE

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

REGISTRATION DAY DISCOUNT - 10% off camp registration purchases made in-person, March 21, 2020.
 UMD FACULTY/STAFF DISCOUNT- 5% off final cost (excluding Registration Day) for all current UMD Faculty & Staff members. This discount is valid through June 8, 2020. You must present a valid UMD employee Ucard at time of payment.

[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)



POOL SCHEDULE SUMMER 2020

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 11:00am-1:30pm	
Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm	Lap Swim 12:00-1:30pm		
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 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.



Elmer Engman: Professional Association of Diving Instructors, Scuba Educators, Intl., Public Safety Diver Association, is the course instructor.

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 2020 Scuba Trips to St. Croix and St. Lucia, Virgin Islands with Viking Diver go to www.vikingdiver.com

OPEN WATER SCUBA COURSE

SUNDAYS 3-6PM, JULY 5, 12, 19, 26

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.

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 \$55/hr 2 Guards
 - 21-35 Patrons \$65/hr 3 Guards
 - 36-50 Patrons \$85/hr 4 Guards
 - 51-75 Patrons \$110/hr 5 Guards
- Contact Ted Patton, 218-726-6759, tpatton@d.umn.edu to reserve the pool.

NORTH SHORE SWIM CLUB

SUMMER SEASON

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

PRICING

NSSC Silver Monthly Fee

1st Family Swimmer	\$80
2nd Family Swimmer	\$70
3rd Swimmer & up	\$60

NSSC Gold Monthly Fee

1st Family Swimmer	\$90
2nd Family Swimmer	\$80
3rd Swimmer & up	\$70

Required USA Swimming Fees

Year Round: \$70

Summer Season: TBA

PREREQUISITES:

Under 21 years old. Swimmers can 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" website link on the RSOP website for registration materials or call the RSOP office.

For more information about the swim team please contact Ted Patton at 218-726-6759 or tpatton@d.umn.edu.

NSSC MASTERS SWIM PROGRAM

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

MAY 11 - AUGUST 1, 2020

MONDAY, WEDNESDAY & FRIDAY 6:30-8AM

& SATURDAY 7-9AM

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



NSSC PRACTICE SCHEDULE: JUNE 8 - AUGUST 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Swimmers in the Pool 8:00-9:00am	All Swimmers in the Pool 8:00-10:00am	All Swimmers in the Pool 8:00-9:00am	All Swimmers in the Pool 8:00-10:00am	All Swimmers in the Pool 8:00-9:00am	All Swimmers in the Pool 7:00-9:00am
8th Grade or Higher in the Gym 9:00-10:00am		8th Grade or Higher in the Gym 9:00-10:00am		8th Grade or Higher in the Gym 9:00-10:00am	
All Swimmers in the Pool 3:00-5:00pm	All Swimmers in the Pool 3:00-5:00pm	All Swimmers in the Pool 3:00-5:00pm	All Swimmers in the Pool 3:00-5:00pm	All Swimmers in the Pool 3:00-5:00pm	



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/AED/PR.

SAT, MARCH 21, 1-5PM

SUN, MARCH 22, 10AM-2PM

SAT, MARCH 28, 1-5PM

SUN, MARCH 29, 10AM-2PM

SAT, APRIL 4, 1-5PM

SUN, APRIL 5, 10AM-2PM

Pre-requisite: 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.

SATURDAY, APRIL 4, 1-5PM

SUNDAY, APRIL 5, 10AM-NOON

Prerequisite: Must show proof of certification when registering

Cost: \$110

UMD RSOP AQUATICS SWIM LESSON SCHOOL

SUMMER SWIM LESSON PROGRAM 2020

Session	Dates	# of Lessons	Registration Deadline	Fee
Session 1	June 8-11, 15-18	8, 30min lessons	Friday, 4pm, June 5	\$70.00
Session 2	June 22-25, June 29-July 2	8, 30min lessons	Friday, 4pm, June 19	\$70.00
Session 3	July 6-9, 13-16	8, 30min lessons	Friday, 4pm, July 3	\$70.00
Session 4	July 20-23, 27-30	8, 30min lessons	Friday, 4pm, July 17	\$70.00
Session 5	August 3-6, 10-13	8, 30min lessons	Friday, 4pm, July 31	\$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, PS1, PS2, L1, L2, L3

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

- 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.
- There are no refunds for swim lessons.

SERVING GENERATIONS OF NORTHLAND
FAMILIES WITH THE HIGHEST QUALITY
AMERICAN RED CROSS SWIM LESSON
INSTRUCTION FOR OVER 27 YEARS



Hailee Albers
Lead Student Staff



Aly Granholm
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



RSOP training courses are staffed by experienced, motivated and enthusiastic instructors, dedicated to teaching paddlers how 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). **To arrange dates, email Randy Carlson, rcarlso6@d.umn for whitewater courses, and for sea kayak courses email Melody David-McKnight, dmcknigh@d.umn.edu.**

WHITEWATER & SEA KAYAK TRAINING COURSES

FLATWATER AND WHITEWATER CANOEING: ST. LOUIS RIVER

Develop your paddling skills and explore the river in a tandem or solo canoe on flatwater and class I-II rapids. Trips are available July 1 through mid-August. Ages 12+. Boats and safety equipment included. Call to arrange a date for your group.

Cost: Minimum 6 people: \$570 (8 hours)
Each additional person add \$85 up to 12 people maximum.

CLASS I-II RIVER TRIPPING TANDEM WHITEWATER OPEN CANOE COURSE

This 1-2 day intensive course is for those who have never paddled a canoe before, or have only paddled flatwater. Have fun learning about equipment design, stroke technique, maneuvering, river hazards, rescues, and river tripping techniques used to paddle loaded canoes.

Cost: \$175/person/day (2-3 people)
\$150/person/day (4-6 people)



CLASS I-II WHITEWATER KAYAK RIVER RUNNING

Custom 1-3 day courses for beginners to more experienced river runners. Learn about equipment design, stroke techniques, rescues, maneuvering skills, kayak rolling, safety in moving water, and river hydrology. Start by refining your strokes on flatwater, progress to moving water maneuvers, and combine it all during a whitewater river running experience on day two or three.

Cost: \$175/person/day (2-3 people)
\$150/person/day (4-6 people)

WHITEWATER CUSTOM COURSES

Three options available: Class II-III Whitewater Tandem and Solo Canoe Playboating (learn efficient communication and river play); Class II-III Whitewater Kayak River Running (learn to paddle down a challenging river safely); OR Rodeo Freestyle Whitewater Kayak Playboating (learn to play the river!).
Cost: \$175/person/day (2-3 people)
\$150/person/day (4-6 people)

BASIC SEA KAYAK STROKES AND RESCUES 1-DAY FORMAT

Learn to safely guide your kayak to the places you love to explore. Our instructors will teach you the wet exit, paddling strokes, braces, solo and assisted rescues most common to sea kayaking. Prepare for a rigorous, wet, and fun day! Kayak and safety equipment included.
Cost: \$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 two focuses on navigation, risk management strategies for paddling in mixed boat traffic, and trip leading skills. Kayak and safety equipment included.
Cost: \$205/person (2-3 people)
\$190/person (4-6 people)



PADDLING PROGRAMS FOR CAMPS, COMMUNITY GROUPS AND SCHOOLS

SEA KAYAK CAMPING NORTH SHORE

Learn basic strokes and rescues, then set out to discover rugged basalt cliffs and majestic Split Rock Lighthouse on a three or four day kayak camping adventure! Kayak and safety equipment included. Call to arrange a date for your group. Ages 12+.

Cost: Group of 3 to 5 people: 3 day tour: \$1200; 4 day tour: \$1500

SEA KAYAK CAMPING APOSTLE ISLANDS

Explore islands with sand beaches, lighthouses, shipwrecks, sea caves, and artifacts of past inhabitants while learning basic strokes and rescues. Kayak and safety equipment included. Call to arrange a date for your group.

Cost: Group of 4 to 6 people: \$1300 for 3 days; \$1600 for 4 days
Group of 7 to 10 people: \$2000 for 3 days; \$2550 for 4 days

DULUTH HARBOR OR LESTER RIVER SURF SHACK DAY TRIP

Paddle near freighters, the Aerial Lift Bridge, and around a bird sanctuary island; OR along Lake Superior's rugged coastline on crystalline waters. Trips available July 1 through mid-August. Kayak and safety equipment included. Ages 12+. Youth under 12 may paddle with an adult chaperone in the boat with them. Call to arrange a date.

Cost: Group of 4 to 6 people: \$200 (4 hours)
Lester River or Duluth Harbor
Each additional person add \$30 up to 15 people maximum (Duluth Harbor Only).

CANOEING

Canoe with the turtles of Rock Pond! Sessions blend basic skills instruction, social interaction, environmental awareness and on water games to facilitate learning! Ages 12+. Youth under 12 may canoe with an adult chaperone in the boat with them. Canoe and safety equipment included. Adult chaperones required.

Cost: 4 to 5 people: First hour \$65
\$45/hour after that
6 to 10 people: First hour \$100
\$65/hour after that

WHITewater KAYAKING IN THE POOL

Practice and play with whitewater kayaking skills in our pool! Sessions blend basic skills instruction, social interaction and on-water games to facilitate learning! Kayak and safety equipment included. Adult chaperones required. Ages 12+. Youth under 12 may paddle with an adult chaperone next to them in the shallow end of the pool.

Cost: 4-12 people: \$155/hour

STAND-UP PADDLEBOARDING: UMD'S LESTER RIVER SURF SHACK

Join us at the Lester River for basic stand-up paddleboard instruction. Sessions are available July 1 through mid-August. Boards and safety equipment included. Adult chaperones required. Ages 12+. Youth under 12 may paddle with an adult chaperone on the board with them. Call to arrange a date for your group.

Cost: Groups of 4 to 6 people: \$200 (4 hours)
Each additional person add \$30 up to 12 people maximum.

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. The final day is dedicated to handling on-river rescue scenarios in groups. Paddlers must be comfortable paddling a kayak or canoe in at least Class II whitewater.

MAY 28-30, 2020

Cost: \$320 UMD Student Members/\$365 Others

AMERICAN CANOE ASSOCIATION LEVEL 3 COASTAL KAYAK SKILLS ASSESSMENT (305003)

Demonstrate your knowledge and skills in 10-15 knot winds, 1-2 foot waves or surf, within 1.5 nautical miles from shore. Receive documentation of having achieved a certain level of paddling ability. Pre-requisite: ACA Membership, and participation in a minimum of 3, full-day journeys (8+ nautical miles).

MAY 30, 2020, 9:00AM – 6:30PM

Register By: May 26, 2020 at 4pm
Meet: UMD Boat Shed

Cost: Skills Assessment Only: \$100 UMD Students/\$150 Others
Skills Assessment & ICW: \$500 UMD Students/\$750 Others

AMERICAN CANOE ASSOCIATION LEVEL 3 COASTAL KAYAK INSTRUCTOR CERTIFICATION WORKSHOP (305001)

Demonstrate and hone your skills in a supportive environment. Receive a professional evaluation of your paddling skills, technical knowledge, group management, interpersonal skills, rescue and teaching ability. Students who pass will earn certification. *Those not seeking certification are also invited to enroll as practice students for Instructor Candidates at a discounted rate of \$300. Pre-requisite: Participation in an ACA Skills Assessment.

JUNE 5-9, 2020

Register By: 4pm, May 15, 2020
Meet: UMD Boat Shed

Cost: ICW only: \$450 UMD Students \$650 Others
Skills Assessment & ICW: \$500 UMD Students/\$750 Others



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 on Island Lake 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 11 • FRIDAY, JULY 17 • THURSDAY, JULY 23 • FRIDAY, JULY 24

Cost per session: \$95 UMD Student Members / \$175 Others

PLAN AHEAD FOR FALL SEMESTER SURFING & SUP

Surf & SUP programming is mainly offered in the Fall and our instructional sessions are designed to serve beginner to intermediate skill levels.

If you are not sure about your surfing commitment sign up for a single session in the pool during the first two weeks of class and consider the Lester River Boardsport Sampler on September 12, 2020. If you're frothing over surf adventures, choose the Entry Level Surf & SUP Pass for \$65 (UMD Student) and \$135 (Others) to get full access to all September and October training sessions. **Fall Pass sales start at 8:00am on Wednesday, September 9 and usually sell out in one day.** Passes are limited to the first 24 people registered.

Surf & SUP Pass holders will be able to attend training sessions at the UMD Pool on Tuesdays 7:30-9:00pm and Fridays 9:00-10:30am in September and October. Most importantly you will receive e-mail invitations to roughly eight additional training sessions at the Lester River Surf Shack, Island Lake and Lake Superior whenever the conditions are favorable. We will also introduce you to longboard-skateboard-land-paddling, half pipe skate boarding, SUP touring, prone paddleboarding, surfing behind a ski boat, foil surfing and wind driven foil wing riding.

PADDLE SURF KITE

SUMMER 2020 SUP, SURF SKI, SIT-ON-TOP KAYAK & PRONE PADDLEBOARD



INSTRUCTION & EQUIPMENT DEMOS AT THE LESTER RIVER 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, life jacket and wetsuit. Equipment is distributed on a first come first served basis.

Cost per session:

\$20 UMD U-Card Holders \$30 Others

Cash or Check Only at the Surf Shack

Located at 60th Avenue East & London Road

FRIDAYS, 3:00-8:00PM, JULY 31, AUGUST 7

SATURDAYS, 3:00-8:00PM, JULY 25, AUGUST 1, 8

SUNDAYS, NOON-6:00PM, JULY 26, AUGUST 2, 9





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.

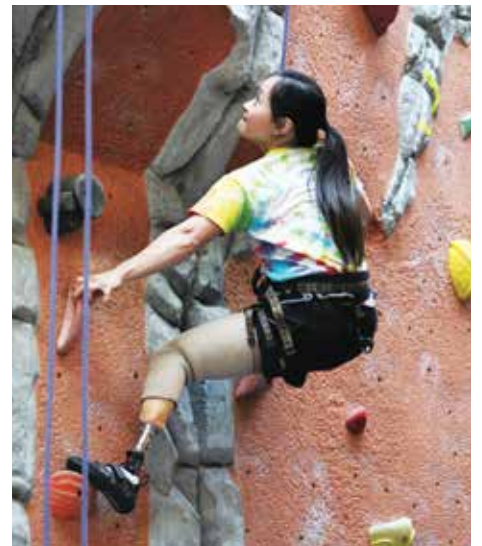
BIRTHDAY PARTIES ON THE WALL

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 9-August 30, 2020. Backpack thru-hiker access is available at any time. Located at 1737 Bayview Avenue in Duluth.

For reservations call 218-726-6134.

\$25/night (includes all taxes and fees)

More detail at umdrsop.org/rental

BAGLEY NATURE PROGRAMS

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

218-726-6134

See the next page for a full list of gear.

