

RSOOP

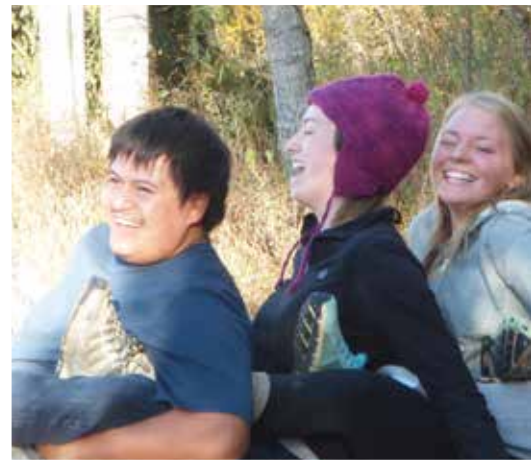
Recreational Sports Outdoor Program *University of Minnesota Duluth*
Fall 2014



**INTRAMURAL SPORTS - FITNESS/WELLNESS - AQUATICS - CLIMBING - SURFING & SNOW KITING
OUTDOOR ACTIVITIES - WORKSHOPS/CLINICS/CRAFTS - KAYAKING & CANOEING - SPORT & OUTDOOR CLUBS**

Active, Healthy Lifestyles & A Connection to the Outdoors

*RECREATIONAL SPORTS OUTDOOR PROGRAM
FOSTERS ACTIVE, HEALTHY LIFESTYLES AND
CONNECTIONS TO THE NATURAL WORLD.*



HOURS OF OPERATION

MAIN OFFICE (153 SPHC)

Monday– Thursday 8:00am– 6:00pm
 Friday 8:00am– 4:00pm

RENTAL CENTER (154 SPHC)

Monday 9:00am–6:00pm
 Tuesday– Thursday 11:00am–6:00pm
 Friday 11:00am–7:00pm

RECREATION CENTER

Monday– Thursday 6:00am–11:45pm
 Friday 6:00am–8:45pm
 Saturday 9:00am–5:45pm
 Sunday Noon–8:45pm

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 from 9:30-10:30am. The Cardio Level will remain open during classes.

POOL: OPEN/LAP SWIM

Mon, Wed, Thur, Friday 2:30pm– 3:30pm
 Saturday 1:30pm–3:00pm

POOL: LAP SWIM

Tuesday & Thursday 6:00am– 8:00am
 Monday - Friday 11:00am–1:30pm
 Saturday Noon–1:30pm

FREE BOULDERING

Monday– Thursday 6:00am–4:00pm
 Friday 6:00am–3:00pm
 Saturday 10:00am–3:00pm
 Sunday Noon–8:00pm

NORTH SHORE WALL (FITNESS CENTER)

Monday–Thursday 4:00pm–8:00pm
 Friday & Saturday 3:00pm–5:45pm

INLAND WALL (ICE RINK)

Monday–Thursday (on demand) 4:00pm–8:00pm
 Tuesday (North Shore Climbers) 6:00pm–9:00pm

INTRAMURAL EQUIPMENT CENTER (199 SPHC)

Monday–Thursday 5:00pm–11:45pm
 Sunday 3:00pm–8:45pm

AUXILIARY GYM (SPHC 150A)

Monday, Wednesday, Friday 10:00am–Noon
 Tuesday, Thursday 1:00pm– 2:00pm
 Saturday 9:15am–5:45pm
 Sunday 12:15pm–8:45pm

ROMANO GYM (SPHC 150)*

Friday 6:00pm–8:45pm
 Saturday 9:15am–5:45pm
 Sunday 12:15pm–8:45pm

* consult UMD Volleyball and Basketball schedules for Friday and Saturday availability

ICE RINK SEPT 2- OCT 28

Open Skate
 Monday– Friday 11:30am–1:30pm
 Monday-Thursday 6:00pm–7:00pm
 Friday 6:30pm–8:45pm
 Saturday 11:30am–1:30pm

OPEN HOCKEY

Tue, Wed, Thu 7:00am–9:00am
 Monday–Thursday 7:15pm–8:15pm

ICE RINK OCT 29 - DEC 18

Open Skate
 Monday– Friday 11:30am–1:30pm
 Friday 6:30pm–8:45pm
 Saturday 11:30am–1:30pm

OPEN HOCKEY

Tue, Wed, Thu 7:00am–9:00am

FACILITIES WILL BE CLOSED ON NOV 28, 29. PATRONS MUST CARRY THE APPROPRIATE PASS AT ALL TIMES.

REGISTRATION & INFORMATION

HOW TO REGISTER & RECEIVE INFO

IN PERSON

Stop in 153 Sports and Health Center
Monday– Thursday 8am– 7pm
Friday 8am– 4pm

PHONE

Call us at (218) 726–7128 If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach voicemail, please leave a detailed message about what you need and how/when to contact you during business hours.

MAIL

Call (218) 726–7128 to confirm space availability. Complete the registration form for that program and mail it to:
Recreational Sports Outdoor Program,
1216 Ordean Court, 153 SpHC
Duluth, MN 55812

INTERNET

Our website has a lot of additional information. Details of programs and many forms are available there. Check it out! www.umdrsop.org

E-MAIL

rsop@d.umn.edu

GETTING A FACILITIES PASS

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 Facility Pass 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

If you don't have a UMD parking permit, you can park in any pay lot (the most convenient is just off of St. Marie Street on University Drive) or at a parking meter. 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!

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 Facility Pass.

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 in 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.

PROFESSIONAL STAFF

MICK MCCOMBER

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mmccombe@d.umn.edu

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KATHY FUHS

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DEREK DONLEVY

SPORT & OUTDOOR CLUBS
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ddonlevy@d.umn.edu

JANETTE VERNON

REGISTRATION AND INFORMATION
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jkvernon@d.umn.edu

TED PATTON

NORTH SHORE SWIM CLUB
tpatton@d.umn.edu

TRISTA VUCETICH

FITNESS/ WELLNESS
218-726-8111
tvuceti1@d.umn.edu

JOEL SANDERSON

INTRAMURALS AND YOUTH CAMPS
218-726-7648
jsander3@d.umn.edu

FACILITIES PASS

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, 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	\$95	\$70	N/A
UMD Faculty/Staff **			
UMD Faculty/Staff	\$85	\$65	\$192
Dependents 16 and over	\$85	\$65	\$192
Under 16 ***	\$60	\$50	\$120
Affiliate ***	\$105	\$75	\$225
UMD Alumni	\$140	\$100	\$295
UMD Alumni Dependents			
16 and over	\$140	\$100	\$295
Under 16 ****	\$90	\$55	\$180

* Currently enrolled Full Time UMD Students are assessed a student service fee that covers facility use costs.

** 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 \$7 per day

Conference Pass \$20 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

Allows access to more than 30 Group Fitness classes per week. See Fitness/Wellness section for details.

	FULL SEMESTER PASS		ANNUAL PASS	
	With Facility Pass	Without Facility Pass	With Facility Pass	Without Facility Pass
Full Time Students	\$50	NA	NA	NA
Part Time Students	\$50	\$65	NA	NA
Faculty/Staff	\$65	\$70	\$110	\$130
Community	NA	\$130	NA	\$250

Discounted Fitness Pass after the seventh week of the semester: \$37.

IDENTIFICATION NEEDED

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

LOST PASS FEE

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

A WORD ABOUT PRICING

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

POOL FEES

A Facilities Pass/Activity Card allows you access to the pool. If you do not have a Facilities Pass, you must purchase a "punch card" to use the pool during Lap Swim and Public Swim

10 ADULT SWIM TICKETS \$30

10 YOUTH SWIM TICKETS \$20

10 SENIOR & SPECIAL NEEDS TICKETS \$20

Swimming Punch Cards are available for purchase during normal business hours in the Main Office.

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 / \$80 Others

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

Semester Pass Discount: Show your Fall 2014

Climbing Semester Pass and get \$5 off your Spring 2015 pass.





INTRAMURAL SPORTS



Intramural sports includes over 20 action packed activities for students, featuring teams and individual/dual competition throughout the school year! We will do everything we can to provide diverse opportunities, regardless of ability.

REGISTRATION PROCEDURES

1. Create your team at www.umdrsop.org or imleagues.com
2. Pay your registration fee at Sports and Health Center 153
3. Attend captain's meeting
Your teams 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 facilities pass.

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

Sportsmanship 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 sportsmanship, 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 post-season 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 2014 SCHEDULE

SEPTEMBER 10TH REGISTRATION DEADLINE

Soccer
Flag Football
Ultimate
Volleyball
Softball
Kickball

SEPTEMBER 16TH REGISTRATION DEADLINE

Bowling (Tue)

SEPTEMBER 18TH REGISTRATION DEADLINE

Bowling (Thur)

OCTOBER 27TH REGISTRATION DEADLINE

Broomball
Hockey
CoRec Basketball
3 on 3 Basketball
4 on 4 Volleyball
Curling

CAPTAINS' MEETING

September 11th, 5:00pm SpHC 39
September 11th, 5:45pm SpHC 39
September 11th, 6:30pm SpHC 39
September 11th, 7:15pm SpHC 39
September 11th, 8:00pm SpHC 39
September 11th, 8:45pm SpHC 39

CAPTAINS' MEETING

September 16th, 9:00pm Bowling Alley

CAPTAINS' MEETING

September 18th, 9:00pm Bowling Alley

CAPTAINS' MEETING

October 28th, 5:00pm, SpHC 39
October 28th, 5:45pm SpHC 39
October 28th, 6:30pm SpHC 39
October 28th, 7:15pm SpHC 39
October 28th, 8:00pm SpHC 39
October 28th, 8:45pm SpHC 39

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.



SPORTS CLUBS

WHAT IS A SPORT CLUB?

A Sport Club is a Campus Life Program that promotes and develops interest in a particular sport or physical activity under the administration of Recreational Sports Outdoor Program (RSOP). A club may be instructional, recreational, or competitive, or may be some combination of the three. Participation in a sport club is on a voluntary basis.

WHAT IS THE DIFFERENCE BETWEEN INTRAMURAL SPORTS & SPORT CLUBS?

Both are great ways for students to meet new people, be physically active, and have fun on campus. However, unlike the typical 4-5 week IM Sport season, individual Sport Clubs may practice and compete from the start of the school year in September until the end of spring semester in May (typically 2-3 days per week for 2-3 hours). This means there is a greater dedication and time commitment involved on the part of the student. Responsibilities such as organizing practices, competition, and fundraising are managed by club officers and members, contributing to an additional

opportunity for student development outside of the classroom setting. Finally, participants may travel to other locations away from UMD (other universities, tournaments, large events, etc.) as part of their club schedule.

HOW MUCH DOES IT COST?

Each individual sport club sets its own cost for membership dues, typically based on how active the club is and their goals for the year. Clubs more instructional and recreational based may charge a minimal fee while others who are more competitive in nature may charge higher dues to assist the club with costs associated with league dues, entry fees, equipment, and travel.

HOW DO I JOIN A SPORT CLUB?

Membership varies between the different clubs offered on campus. Some of the competitive clubs hold tryouts at the beginning of the school year to determine who will make their roster while most recreational & instructional based clubs welcome any 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.

WHERE DO I GO FOR MORE INFORMATION?

There are three different ways you can get more information about the clubs offered here at UMD. The first way would be to visit the Recreational Sports Outdoor Program at www.umdrops.org. Here you will be able to find contact information for club presidents, descriptions, and links to club websites and social media. The next way to get more information would be to contact Derek Donlevy, Sport Clubs Coordinator, by email, ddonlevy@d.umn.edu, or by stopping in his office (SpHC 197). The last way to stay updated with news and information about UMD Sport Clubs is to follow us on Facebook or Twitter (@UMD_SportClubs).

WHICH WILL YOU JOIN?

The following clubs promote sport, recreation, and the outdoors and are a great way to get involved in informal activities and make new friends. Stop by the main office in SpHC 153 for information about when and where clubs are meeting, and get involved! Clubs are registered student organizations that are self-administered and run under the direction of club members, advisors, and RSOP. Members benefit from developing skills in the activity, administration, organization, public relations, marketing, and fund raising. Membership costs vary from club to club.

ALPINE SKI

HOCKEY - MEN'S

RUGBY - WOMEN'S

BADMINTON

HOCKEY - WOMEN'S

SOCCER

CLIMBING

KAYAK & CANOE

SYNCHRONIZED SKATING

CYCLING

LACROSSE - MEN'S

ULTIMATE - MEN'S

DANCE TEAM

LACROSSE - WOMEN'S

ULTIMATE - WOMEN'S

DISC GOLF

NORDIC SKI

WOMEN'S VOLLEYBALL

RUGBY - MEN'S

WRESTLING



The RSOP Fitness Center contains the latest cardiovascular and weight training equipment. Highly trained staff are available to educate you on how to use the equipment effectively. For individualized instruction, consider working with a personal trainer.

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 stationary bike

30-minute specific body-toning workout with weights

10 minute cool down and stretch. Your session could conclude with a 10-20 min 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 Facility Pass holders (\$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, toning, spinning, Pilates, pump and tone, Zumba. 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.

SEPTEMBER 8, 2014 AND CONTINUES TO THE END OF THE SEMESTER.

Meet: SpHC (Gold room) unless indicated otherwise.

Passes can be purchased in SpHC 153.

Cost: See Passes & Fees page 4

THE FIRST WEEK IS FREE!



MASSAGE

Looking for a little relief from the stress of the day. Call now to set up a massage appointment. Therapists are nationally certified and highly skilled. All welcome!

\$30 FOR 30 MINUTES

\$60 FOR 60 MINUTES (\$45 UMD STUDENTS)

\$90 FOR 90 MINUTES

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.

KINESIS

Utilizing our state of the art Kinesis machines found in core training room, your personal trainer will take you through a functional workout that uses a wide variety of movements to strengthen core and tone the body.

EMPLOYEE ONLY FITNESS CLASS

Come join us for a Functional Fitness class designed specifically for employees only. This is a beginner/intermediate class that will provide cardio, strength and flexibility training. Limited to the first 30 registrants. Required to bring your own yoga mat.

SEPTEMBER 10 - DECEMBER 12

TUESDAYS AND THURSDAY, 12:00 NOON

ROOM 33

COST: \$50



EMPLOYEE GROUP STRENGTH EXPRESS CIRCUIT

Open to employees who are covered by the UPlan Medical Program (spouses and partners are not eligible). Attend 13 of 16 small group strength classes led by a certified personal trainer, complete a pre- and post-course fitness assessment, and the \$199 cost of the course will be reimbursed. One lifetime reimbursement. Class will consist of strength and cardiovascular interval circuits as well as full body strength and endurance, core training, and flexibility. Limit to first 8 registrants.

REGISTRATION DEADLINE: MON, SEPTEMBER 15

d.umn.edu/umdhr/wellness/gsx

COURSE RUNS TUESDAY, SEPTEMBER 30TH -

THURSDAY, NOVEMBER 20TH.

TIME: 11:00-11:45 AM

LOCATION: GOLD ROOM

COST: \$199

WOMEN LOVE WEIGHTS

Strength training is important for everyone, especially women. Our trainers and instructors are here to help women of all ages navigate life in the weight room. Come with questions, concerns and a friend and we will be there to help in a welcoming and informal environment. Look for our pink shirts!

WEDNESDAYS, 6-8PM, SEPTEMBER 10 -

DECEMBER 10, LOWER LEVEL WEIGHT ROOM, FREE

HOMECOMING 5K TRAIL RUN

Everyone is welcome to come and join in for the annual Homecoming 5K (3.1 Mile) Trail Run in Bagley Nature Area. The rich fall colors, the crisp air and the fun Homecoming atmosphere make this a must do activity. Start and finish at the Bagley Classroom building.

Saturday, October 4, 10 am

COST: \$12 UMD STUDENTS/\$15 OTHERS

REGISTER BY: MONDAY, SEPTEMBER 29, 3PM

FOR A GUARANTEED T-SHIRT.

RACE DAY REGISTRATION IS WELCOME AT THE BAGLEY CLASSROOM IN BAGLEY NATURE AREA.

UMD SAP FARM 5K

RSOP is pleased to promote the Sustainable Agriculture Program's Farm 5K, located on the UMD Farm close to campus. A great way to conclude Homecoming weekend and support Health and Wellness initiatives across UMD.

DATE: SUNDAY, OCTOBER 5TH

TIME: 10:00 AM

COST: \$10 STUDENTS/\$30 OTHERS

INFO AND REGISTER AT

d.umn.edu/umdhr/wellness/farm5k



LAP AND OPEN SWIM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lap Swim 6:00-8:00am 3 lanes only		Lap Swim 6:00-8:00am 3 lanes only		
Lap Swim 11:00am-1:30pm	Lap Swim 11:00am-1:30pm	Lap Swim 11:00am-1:30pm	Lap Swim 11:00am-1:30pm	Lap Swim 11:00am-1:30pm	Lap Swim 12:00pm-1:30pm
Open/Lap Swim 2:30-3:30pm		Open/Lap Swim 2:30-3:30pm	Open/Lap Swim 2:30-3:30pm	Open/Lap Swim 2:30-3:30pm	Open/Lap Swim 1:30-3:30pm

LAP SWIM

This is an excellent way to get your swim workout in for the day! Six, 25-yard lap lanes are available during 11am and noon Lap Swims, and three lanes are available during 6am Lap Swims. Please be courteous to swimmer speed.

OPEN SWIM

Half of the pool is set up to accommodate lap swimmers and the other half is for Open Swim. Everybody is welcome. Bring the whole family for an excellent time to play! Pool toys are allowed in shallow end of pool with parent in water. Participants must be at least six yearsold, over four feet tall, or accompanied by an adult at all times. U.S.C.G. certified lifejackets are allowed. A swim test is required for all youth wanting to swim in the deep end of pool.

*See p. 4 for Swim Pass Prices

SWIM LESSON SCHEDULE FALL 2014



UMD RSOP AQUATICS SWIM LESSON SCHOOL

Proudly serving generations of Northland families with the highest quality swim lesson instruction for 19 years.

- Toddler, Youth & Adult Lessons
- Small Class Sizes
- Experienced Certified Water Safety Instructors
- Up To 6 Levels Every ½ Hour. **NEW!**
- 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

Free parking after 5pm in the pay lot on the corner of St. Marie Street and University Drive.

PRIVATE & SEMI-PRIVATE SWIM LESSON PROGRAM

Private Lessons (one child only)
Semi-Private Lessons (two children)

Private Lessons are sold by purchasing a (4) ½ hour lesson punch card.

PRIVATE LESSON = \$17 PER 1/2 HOUR

SEMI-PRIVATE LESSON = \$22 PER 1/2 HOUR (2 STUDENTS)

PRIVATE LESSON POOL TIMES:

M, W, F (3:30-4:30PM), SAT (1:30-4PM), SUN (9AM-NOON)

Please Note: All scheduling of Private Swim Lessons is negotiated between the Water Safety Instructor and the guardian of the student. This is to ensure you get the best times to fit your busy schedule. For More information about our Group or Private Swim Lesson programs, please contact Student WSI Supervisor

MICHELLE WHITT

218-726-6516 or whitt176@d.umn.edu

SATURDAYS

SESSION	DATE	NUMBER OF CLASSES	COST	REGISTRATION DEADLINE
1	Sep 6 – Oct 25	8	\$60	Sep 5 @ 4pm
2	Nov 1 – Dec 13	6	\$45	Oct 31 @ 4pm

*No lesson on Nov 29 due to holiday weekend

TIMES CLASS LEVELS FOR SATURDAY SESSIONS

9:00 – 9:30 am	NSSC Pre-Team Levels 4, 5, 6
9:30 – 10:00 am	Parent-Child 1, 2, Pre-School 1, Levels 2, 3
10:00 – 10:30 am	Pre-School 2, Levels 1, 2, 3
10:30 – 11:00 am	Pre-School 3, Levels 1, 2, 3
11:00 – 11:30 am	Pre-School 1, 2, 3, Levels 2, 3
11:30 – 12:00 pm	Parent-Child 1, 2, Levels 1, 2, 3

MONDAY & WEDNESDAY

SESSION	DATE	NUMBER OF CLASSES	COST	REGISTRATION DEADLINE
1	Sep 8 – Oct 1	8	\$60	Sep 8 @ 2pm
2	Oct 6 – Oct 29	8	\$60	Oct 6 @ 2pm
3	Nov 3 – Nov 24	7	\$52	Nov 3 @ 2pm
4*	Dec 1 – Dec 11	8	\$60	Dec 1 @ 2pm

*Session 4 meets Monday thru Thursday (4 days/week for 2 weeks)

TIMES CLASS LEVELS FOR M/W, T/TH AND SESSION 4 2-WEEK FORMAT

4:30 – 5:00 pm	Parent-Child 1, 2, Pre-School 1, Levels 1, 2, 3
5:00 – 5:30 pm	Pre-School 2, 3, Levels 1, 2, 3
5:30 – 6:00 pm	Pre-School 1, 2, NSSC Pre-Team Levels 4, 5, 6

TUESDAY & THURSDAY

SESSION	DATE	NUMBER OF CLASSES	COST	REGISTRATION DEADLINE
1	Sep 9 – Oct 2	8	\$60	Sep 9 @ 2pm
2	Oct 7 – Oct 30	8	\$60	Oct 7 @ 2pm
3	Nov 4 – Nov 25	7	\$52	Nov 4 @ 2pm

TIMES CLASS LEVELS FOR M/W, T/TH AND SESSION 4 2-WEEK FORMAT

4:30 – 5:00 pm	Parent-Child 1, 2, Pre-School 1, Levels 1, 2, 3
5:00 – 5:30 pm	Pre-School 2, 3, Levels 1, 2, 3
5:30 – 6:00 pm	Pre-School 1, 2, NSSC Pre-Team Levels 4, 5, 6

NORTH SHORE WATER POLO

A perfect opportunity for swimmers to learn the popular game of water polo. Participants will learn the basic skills and rules of water polo in a fun and supportive atmosphere. Join other water polo players for pick up games.

MON-WEDS, 7:30-9:30 PM

www.northshorewp.com **HEAD COACH ERIC DEGONIA** 218-729-8544



OPEN WATER SCUBA COURSE

The Open Water Scuba class covers the basics of scuba diving with classroom and pool instruction. When finished with the 4 class sessions, you can get "Open Water Certified" by completing 4 open water dives in early Fall, late Spring & Summer.

Sundays, 3-6pm
 Session 1: Sep 21, 28, Oct 5, 12
 Session 2: Oct 19, 26, Nov 2, 9
 Session 3: Nov 16, 23, 30, Dec 7
 Course Location: UMD Pool
 COST: \$100 includes (4) three hour pool training sessions, text material and equipment use.
 If you choose to attain the Open Water

Training Certification, there is an extra \$150 fee.

This fee includes:

- 4 Open Water Check-Out Dives
- All your equipment and air
- Certification Administrative fees.

For more information on any of these trips contact Elmer at: Vikingdiver@mchsi.com.

NORTH SHORE SWIM CLUB

PRICING

Youth	Monthly
1st Family Swimmer	\$80
2nd Family Swimmer	\$70
3rd Swimmer & up	\$60
Age Group/Senior	Monthly
1st Family Swimmer	\$90
2nd Family Swimmer	\$80
3rd Swimmer & up	\$70

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

PREREQUISITES:

All swimmers 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 a "Pre-Team" evaluation.

NSSC GENERAL PRACTICE SCHEDULE

(Please refer to the NSSC website for an updated schedule)

Mornings

Monday–Friday 6–8am

Open to all swimmers on NSSC 11 years of age or older with Coach Patton's approval.

Evenings

Monday and Wednesday

5:30–6pm Cond/Streth/Meeting

6–7:30pm Swim

Tuesday and Thursday

6pm–7:30pm Swim

Friday

4–4:30pm Cond/Stretch/Meeting

4:30pm–6:30pm Swim

Saturday

7–9am Swim

Starts September 2nd for all returning competitive NSSC swimmers

Short Course Season = September 2, 2014–March 22, 2015

Long Course Season = March 24, 2015–August 14, 2015

PRE-TEAM EVALUATION:

The first evaluation will be on September 6th 2014 at 9 a.m. Evaluations will then be held every 3 weeks on Saturday morning (please check team website calendar for specific dates and times). Swimmers will be asked to do a half hour of swimming where they will be evaluated based on basic lane etiquette, individual stroke skills, endurance, overall comfort level in the water and ability to be coached. After the evaluation swimmers will be placed in one of the following groups;

- NSSC Swim Team = swimmer is cleared to participate in at least 3 practices per week with the team.
- Pre-Team Level 6 = There is a need to increase endurance and proficiency in one or more strokes and become more efficient in lane etiquette.
- Pre-Team Level 5 = One or more strokes need significant improvement and endurance needs improvement.
- Pre-Team Level 4 = All strokes are in need of correction. The swimmer needs to improve body position and awareness along with breathing and general fitness. Lane etiquette needs to be introduced and reinforced.

All "Pre-Team" members will practice during the swim lesson times at UMD. Practices will last half an hour right before NSSC practice on Monday, Tuesday, Wednesday, and Thursday. There will also be practice time from 9-9:30 a.m. on Saturday. Please refer to the NSSC website (northshoreswimming.com) for updated practice times on the calendar.



Go to NSSC website northshoreswimming.com for registration materials. Register at the RSOP office.

For more info contact Ted Patton at 218-726-6759 and tpatton@d.umn.edu

NORTH SHORE SWIM & CORE CONDITIONING CLASS

MON, WED, FRI SEPTEMBER 2 - DECEMBER 22

Swim Workout 6:30–8 am

Core 8–8:30 am

Cost: \$145



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 volunteers 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. Come to our kick off meeting scheduled for:

TUESDAY, SEPTEMBER 9 FROM 5-6PM

Meet: Sports and Health Center Room 191
We will have regular meetings and activities throughout the semester on Tuesdays at 5pm (meet in SpHC 191). To get details of what the topics are or how to get involved, email Shauna (maure130@d.umn.edu). Even if you can't make the meetings, we can get you involved.

SAILING DULUTH

Spend the afternoon with the breezes of Lake Superior. Experienced sailors from the Duluth-Superior Sailing Association will be teaching the basics and principles of sailing, including the terminology, mechanics, and operation of a sail boat. Aeolus may be the Greek ruler of the winds, but you'll control how you use them as you experience nature's power of wind. No experience necessary.

SATURDAY, SEPTEMBER 6, 12-5PM

Register By: Noon, September 5
We Provide: Transportation and instruction

You Provide: Proper clothing for the weather (if it is rainy, make sure you have rain pants and jacket), soft soled shoes and a water bottle.

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$18 for UMD Students Only

TRAIL RUN SERIES

Did you know Duluth has more incredible trail systems than you can shake a shoe at? Join us each week as we explore new trails on foot while being invigorated by Duluth's natural landscape of waterfalls, lush forests, and scenic views. We will be visiting Hartley Park, Chester Park, and Tischer Creek/Congdon Park. Beginners are welcome! Each run will be accompanied by pre- and post-run stretches.

Thursday, September 11, 18, and October 2, 5-6:30pm

Register By: 4pm, the day of each run.

We Provide: Instruction

You Provide: Running shoes and proper clothing for the weather.

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$3 UMD Students/ \$6 Others

MOUNTAIN BIKE SERIES

Experience mountain biking on some of our local trails. This series will consist of three mountain biking trips to Hartley Park, Lester Park, and Piedmont Park (which was just voted as most scenic in the Eastern U.S.). Become a part of Duluth's growing mountain biking community. All skill levels welcome!

MONDAY, SEPTEMBER 15, 29, AND OCTOBER 13 3-5PM

Register By: Noon, the the day of each outing.

We Provide: Instruction, Bike Pumps, and Transportation

You Provide: A Bike (available for rental at the RSOP Rental Center; 20% off!), Helmet, Water Bottle, and Clothing for the weather.

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$4 UMD Students/ \$7 Others

FLY FISHING FOR BASS

Maybe you've caught a smallmouth bass before or maybe you've used a fly rod, but have you ever combined the two? Come explore the local Duluth area with us as we spend the evening exploring the art of fly fishing for smallies. Who knows what else we might catch! All skill levels are welcome.

TUESDAY, SEPTEMBER 16, 5-8PM

Register By: Noon, September 15th

We Provide: All fishing equipment,



transportation and instruction
 You Provide: 2014 MN Fishing License,
 Dress for the weather, snacks, water
 Meet: At the "Trailhead" Sports and
 Health Center Lobby
 Cost: \$12 UMD Students/\$18 Others

MAKE YOUR OWN HAMMOCK

Have you ever dreamed of owning a nylon hammock that you can use for camping? Well here is your chance! Join us as we supply you with the knowledge, skills, and supplies to make your very own hammock!

MONDAY, SEPTEMBER 22, 6-9PM

Register By: Noon, September 19th
 We Provide: Instruction, Sewing Machines, Material.
 You Provide: Portable Sewing Machine (if you have one).
 Meet: Sports and Health Center Room 9
 Cost: \$28 UMD Students/ \$38 Others

LUMBERJILL

It takes a strong man to fetch two buckets of water from the pond. It takes a stronger man to throw an axe into a bulls-eye from 20 feet away. But, only the strongest man can do this with his furry legs protruding from his big sister's yellow sun dress. Don't get me wrong ladies-you're welcome too. That is-if you can dig out your flannel, logger pants, and suspenders. Gather your team of 4 hardcore outdoor masters to compete in this 5 event skills challenge. Events include: canoe relay, pancake eating, campfire building and more! Prizes will be awarded to the first place team and the best dressed male and female participants.

TUESDAY, SEPTEMBER 23, 5-7PM

Register By: Noon, September 22nd
 We Provide: Competition equipment, prizes
 You Provide: Wacky costume, enthusiasm
 Meet: Bagley Nature Area, Rock Pond Kiosk
 Cost: \$10 per team

NIGHT HIKE SERIES

Ever wonder about what really happens in the woods at night? Join us as we use our senses to navigate through the woods. Along the way, we'll learn about the native nocturnal wildlife and fun facts about the night sky! We will go on three

outings in the Duluth area. Each date is scheduled near a new moon so the stars will be shining bright!

WEDNESDAY, SEPTEMBER 24, 8-10PM

"Nocturnal Animals"

MONDAY, OCTOBER 27, 7-9PM

"The Night Sky"

TUESDAY, NOVEMBER 25, 7-9PM

"The Night Sky"

Register By: Noon, the day of each hike.
 We Provide: Transportation, Instruction, Snowshoes (if necessary) and Hot Chocolate.
 You Provide: Good hiking shoes, Clothes fit for the weather, and a Cup for Hot Chocolate.
 Meet: At the "Trailhead" Sports and Health Center Lobby
 Cost Each Outing: \$3 UMD Students/ \$6 Others



PIZZA IN THE WOODS

Sick of eating plain old dinners on camping trips? We have the solution... pizza! Yes, you can make delicious pizza in the woods using a variety of different cooking techniques. Come learn how to make some tasty alternatives to what you had planned for supper! And yes, we get to eat our pizza creations.

THURSDAY, SEPTEMBER 25, 5-7PM

Register By: Noon, September 24
 We Provide: Pizza Ingredients and Cooking Utensils
 You Provide: Plate, and a Hungry Stomach.
 Meet: Bagley Nature Area Classroom
 Cost: \$4 UMD Students/ \$8 Others

HAMMOCK SLEEPOVER

Woo slumber party! Spend the night camping out under the stars at UMD's own Bagley Nature Area. We will discuss the practice of hammock camping, go on a nature hike, and spend some time around the campfire. Bring your own hammock!

WEDNESDAY, OCTOBER 1 AT 9PM - THURSDAY, OCTOBER 2 AT 8AM

Register By: Noon, September 30
 We Provide: Instruction, S'mores, and Tarps.
 You Provide: Hammock, Rope or Webbing to set it up, Sleeping Bag, Sleeping Pad, Clothing Fit for the Weather.
 Meet: Bagley Nature Area Classroom
 Cost: \$4 UMD Students/ \$6 Others

39 IN 24 SUPERIOR HIKING TRAIL: TRAVERSING THE DULUTH SECTION

Discover all the wonders of the Superior Hiking Trail in one quick and intense hike. Join us and hike 39 miles of the Duluth portion of the Superior Hiking Trail in under 24 hours. We'll make tracks starting in Jay Cooke State Park and finish at the Martin Road trailhead in east Duluth. We will stop for pizza towards the end of the hike. The pace will be steady, but not too fast. You will need to be in good shape for this outing.

SUNDAY, OCTOBER 5, 4AM-MIDNIGHT

Register By: Noon, October 3
 We Provide: Transportation and leaders
 You Provide: Proper clothing for the weather, proper footwear, water bottle, food & food money.
 Meet: At the "Trailhead" Sports and Health Center Lobby
 Cost: \$8 UMD Students/ \$20 Others

APPLE CIDERING: THE OLD FASHIONED WAY

It's fall, and apples are ripe for the picking! Come learn about apples and their history. We will then make our own homemade apple cider using an antique hand-crank cider press. Mmmmmm! Delicious.

WEDNESDAY, OCTOBER 8, 5-7PM

Register By: Noon, October 7
 We Provide: Instruction, all materials needed
 You Provide: Mug for cider, dress for the weather - we will be outside.
 Meet: Bagley Nature Area Classroom
 Cost: \$3 for UMD Students/ \$7 Others



OUTDOOR ACTIVITIES

SECRET WATERFALLS OF DULUTH

Tired of always seeing beautiful waterfalls in pictures? Would you like to see them in person? In this 2 part series, come and join us as we set out to discover some of Duluth's hidden wonders. This adventure will be sure to turn you into a true Duluthian.

Thursday, October 9 and 16, both 5-7pm

Register By: Noon, the day of the hike.

We Provide: Transportation

You Provide: Good hiking shoes and dress for the weather

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost for each outing: \$4 for UMD Students/\$7 Others

BUCKTHORN PULL

Buckthorn is an invasive species that is choking out the native species of the area. We will be working to eradicate this nuisance species through non-toxic, environmentally friendly methods. We need your help to rid Bagley Nature Area of buckthorn by pulling it out of the ground so it doesn't come back. It will be an afternoon of fun and hard work and you will be helping the forest stay healthy. No registration required. Free pizza for workers!

TUESDAY, OCTOBER 14, 4-7PM

We Provide: Pizza, Instruction, Tools

You Provide: Gloves, Work Clothes, Water Bottle

Meet: Bagley Nature Area Classroom

Cost: FREE!!!

WILLOW BASKET MAKING

In need of a unique gift or just want to learn something new? Using willow native to Minnesota, make your own beautifully simple basket in this 3 hour class! We will be taking a short drive to harvest our very own willow from a secret location. Upon returning to UMD, you will have the opportunity to learn the steps to making your own basket. You will not only leave with an almost-finished product but also with the knowledge and skill set to make future baskets. We provide all necessary materials; all you need to do is sign up!

WEDNESDAY, OCTOBER 22, 5-8PM

Register By: Noon, October 21

We Provide: Transportation, material, tools and instruction

You Provide: Outdoor clothes, pruning shears, knife, headlamp/flashlight (if you have them)

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$8 for UMD Students/\$15 Others



BI WEEKLY MAKE AND TAKES 104013

Join us for weekly programs where every two weeks you can explore a new make-and-take project, and meet new people. What's a make and take you ask? Well, it is where you will start a project and go home with a finished one. Come and go as you please. All materials are provided for the programs. No experience is needed.

WEDNESDAYS 5-7 PM

Meet: Sports and Health Center Room 191

Cost: \$5 for UMD Students each session or \$25 pass for all sessions/ \$8 Others each session or \$40 pass for all sessions.

PENNY CAN STOVE SEP 17

Want a camping stove that won't break the bank? Recycle pop cans into a nice little camping cooker that uses alcohol fuel and cooks delicious backcountry meals!

WHITTLING EATING UTENSILS OCT 1

Learn techniques for whittling your own wooden cooking or eating utensils. They make great gifts for friends or family. Please bring your own knife if you have it. No experience necessary!

BIKE TUBE WALLETS OCT 15

Need to find a use for all those old bike inner tubes you have lying around? Well look no further. Learn how to make those inner tubes into a new wallet. We will have tubes for you to use, but bring your own if you would like!

WATCH BANDS OCT 29

Need to replace the band on an old watch? Come make a spiffy new velcro band or bracelet if you don't have a watch. No experience necessary!

MAKE YOUR OWN CRIBBAGE BOARD NOV 12

Have you ever played cribbage and thought how cool would it be to play on your own board? Well here is your chance. Come and join us to make your very own cribbage board! All you need to bring is yourself and a good attitude.

FLEECE MITTENS DEC 3

It's getting cold outside! Keep those hands warm by making your own pair of fleece mittens. No sewing experience necessary. Your fingers will thank you!



CANOE PADDLE MAKING

The Canoeing season may be over, but that doesn't mean you can't start preparing for the next one. Come and join us as we explore the different ways wooden paddles are made (including bent shaft). Then work on making a laminated, straight shaft paddle. We supply the wood and you will glue up the blade, shaft, and grip on the first day. Second session we will shape and work on sanding each paddle. You'll have to do some work at home, including final sanding and varnishing.

MONDAY, NOVEMBER 4 AND 11, 6-9PM

Register By: Noon, October 30

We Provide: Instruction, materials, and tools

You Provide: Tools (if you have: hand plane, spoke shave, c-clamps, pipe clamps, saber saw)

Meet: Sports and Health Center Room 9

Cost: \$28 for UMD Students/ \$38 Others



SNOWSHOE MAKING

We may not have snow on the ground, but now is a great time to build your snowshoes for this winter! You will be able to walk away from this program with your own pair of woven snowshoes, from a kit, that are similar to Ojibwe style snowshoes. These are a perfect style for snowshoeing in our area. We will teach you a little bit about the history of snowshoes, the traditional materials used, weaving techniques, and what you can do to make your very own pair at home if you would like. There will also be a demonstration on bending snowshoes. The first session will start you off on the basic knots and weaving techniques for the toe and tail sections, then session two will get more advanced with weaving the center section.

MONDAY, NOVEMBER 17 AND DECEMBER 1, 6-9PM

Register By: Noon, November 10

We Provide: Materials needed, including pre-built frames & cord

You Provide: Time outside of class for weaving, varnish

Meet: Sports and Health Center room 119

Cost: \$105 for UMD Students/ \$115 Others

KNITTING

Need a hat for the winter? Come join us as we learn to knit an easy hat pattern. Beginners are welcome!

WEDNESDAY, NOVEMBER 19, 6-9PM

Register By: Noon, November 17

We Provide: All materials needed, Instruction

Meet: Sports and Health Center room 119

Cost: \$5 for UMD Students/\$12 Others

WAXING CLINIC

Prepare for the coming ski and snowboard season! Learn how to hot wax your skis/snowboards and kick wax your classic cross-country skis so you are ready to enjoy the snow. You'll have your boards ready to rip it up!

WEDNESDAY, DECEMBER 3, 7-9PM

Register By: Noon, December 3

We Provide: Instruction and all waxing equipment

You Provide: Cross Country Skis, Alpine Skis or Snowboard

Meet: Sports and Health Center Room 9

Cost: \$5 for UMD Students/ \$10 Others

ICEBERG PADDLE

Just because it is cold outside doesn't mean you can't canoe! Come paddle the Duluth Harbor with us and learn about some of its history. There will be plenty of hot chocolate afterwards. It may be the last paddle before winter! All skill levels welcome.

SATURDAY, DECEMBER 13, 1-4PM

Register By: Noon, December 11

We Provide: Instruction, Transportation, Canoes, Paddles, PFD's, and Hot Chocolate.

You Provide: Warm Clothing, Rubber Boots (if you have them) and a Mug.

Meet: Sports and Health Center Room 9

Cost: \$10 UMD Students onl



APOSTLE ISLANDS SEA KAYAKING

The Apostle Islands National Lakeshore is a beautiful string of islands on Lake Superior's South Shore. Our experienced leaders will introduce you to equipment, safety and paddling techniques. They will also share stories about voyagers, shipwrecks and island living. Explore sea caves and secluded beaches. We will camp on islands with sand beaches, stargaze, swim and hike with new friends.

DEPART: FRIDAY, SEPTEMBER 12, 2PM

RETURN: SUNDAY, SEPTEMBER 14, 6PM

Register By: Noon, September 17

We Provide: Group gear, Food, Transportation, Instruction

You Provide: Personal Camping Gear

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$70 UMD Students Only

PADDLING THE BOUNDARY WATERS CANOE AREA WILDERNESS

We'll load up our Duluth packs and paddle through the majestic lakes of the BWCA. Explore the beauty and wonder of this pristine wilderness with experienced and enthusiastic leaders. Stargazing, stories, and listening for hooting owls and howling wolves are included on this trip's itinerary. Beautiful fall colors, few people, and no bugs will make this a special trip. No experience required.

DEPART: FRIDAY, SEPTEMBER 19, 2PM

RETURN: SUNDAY, SEPTEMBER 21, 6PM

Register By: Noon, September 10

We Provide: Group gear, Food, Transportation, Instruction

You Provide: Personal Camping Gear

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$70 UMD Students Only

BACKPACK THE PORCUPINE MOUNTAINS

There are mountains around here? Yes, and they are beautiful! In the Upper Peninsula of Michigan are the secluded Porcupine Mountains, right along Lake Superior. Enjoy fall colors as they are in full grandeur – and there will be no bugs! Marvel at the colors by day and the starlit sky by night. We will help you develop backpacking skills while we discover the "Porkies" fall forest beauty. New friends and adventure for everyone who comes along. No experience is necessary.

DEPART: FRIDAY, SEPTEMBER 26, 2PM

RETURN: SUNDAY, SEPTEMBER 28, 6PM

Register By: Noon, September 24

We Provide: Transportation, Instruction, Food, Group Camping Equipment

You Provide: Backpack, and Personal Camping Gear

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$70 for UMD Students/\$112 Others

LEAVE NO TRACE TRAINER CERTIFICATION COURSE/TRIP

Earn your Leave No Trace Trainer Certification while enjoying a weekend canoe trip on the Cloquet River. You will learn how to teach and implement the Leave No Trace Principles into your outdoor endeavors. This is a great certification to get if you are going into the Outdoor Education Field.

DEPART: FRIDAY, OCTOBER 17, 2PM

RETURN: SUNDAY, OCTOBER 19, 6PM

Register By: Noon, October 15

We Provide: Transportation, Instruction, Food, Group Camping Equipment, LNT Teaching Materials

You Provide: Personal Camping Gear

Meet: At the "Trailhead" Sports and Health Center Lobby

Cost: \$60 for UMD Students/\$110 Others



UMD offers the use of two great indoor climbing walls on campus. In addition, we utilize several local, top-notch 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.

NORTH SHORE WALL

The North Shore Wall has a prominent place in the Sports and Health Center. Extending two stories into a skylight, the wall is fully sport-lead capable. Equipped with a simulated ice climbing route, multiple crack systems, a rappel ledge and a great bouldering area, the North Shore Wall offers a wide variety of climbing options. Ask about our new dry tooling trainers as well!

Open hours

MONDAY-THURSDAY 4-8 PM

FRIDAY & SATURDAY 3-5:45 PM

SUNDAY CLOSED

The North Shore Wall is subject to closure for trainings, classes and other events. Please call (218) 726-6257 ahead of your trip to check availability. Open hours run from the first full week of school to the last week before finals. Closed during normal campus closures and finals week.

INLAND WALL

Tucked on the far side of the ice rink/ tennis courts, the Inland Wall simulates climbing on actual rock far more closely than most modern climbing walls. Realistic flakes, ledges and cracks will take you to the top of this historically significant climbing wall. The bouldering cave attached to the Inland Wall rounds out a spectacular array of possibilities for climbing on campus at UMD.

Availability

North Shore Climbers Club meets from 6-9pm on Tuesdays

The Inland Wall may be opened during regular climbing hours by request.

Group Reservations

Design your group's climbing session at UMD. Birthday parties, Scouts, sports teams or any other group may reserve the climbing wall upon request. Please call 218-726-6257 for more information. UMD clubs and groups receive a discount on rental.

Prices

All passes and sessions purchased include the use of all necessary climbing equipment for that session.

Session Pass

\$3 UMD Students/ \$10 Others

5-Punch Pass

\$10 UMD Students/ \$30 Others

Semester Pass

\$30 UMD Students/ \$80 Others

Year pass:

\$50 UMD Students/ \$150 Others

CLINICS & TRAININGS

CLIMBING FITNESS AND TECHNIQUE

New climbers looking to step it up a notch, or advanced climbers looking to hone in on a certain area, this session can help take you to the next level. All projects and levels welcome. We will work beyond climbing fundamentals, focusing on ways to increase our power and endurance in bouldering and climbing. Core strength, flexibility, and balance are some of the focus areas for this clinic.

6:30-7:30PM EVERY TUESDAY AND THURSDAY

STARTING SEPTEMBER 30, 2014

Register By: No registration necessary

Meet: Northshore Wall

Cost: Free with Climbing or Group Fitness Pass

Prerequisite: Pass Holder

SPORT LEAD CLINIC

Take your indoor climbing to a new level with lead climbing. Learn how to climb from the ground up, trailing a rope and clipping pre-placed bolts as you go. Practice techniques for trying in, clipping quickdraws, falling safely and belaying a leader. All equipment provided.

6:00 - 9:00PM, FRIDAY, OCTOBER 17

Register By: Noon, Friday, October 17

Meet: North Shore Wall

Cost: \$5 UMD Students/\$10 Others

Prerequisite: Checked off to belay at UMD's climbing walls.



FALL 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 beginner climber looking to become self-sufficient in building your own anchors for top roping. No experience necessary.

Session 2: Indoor Practice Connecting 2, 3 and 4 Point 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. Prerequisites: Anchors session 1 or equivalent experience placing pro.

Session 3: Outdoor Practice at Wope Wall

This session puts into play all that is learned in the first two sessions. Placing, connecting and setting up actual top rope climbs. Prerequisites: Anchors session 2 or equivalent experience required.

Session 4: Top Belay Setups

This final session introduces the quirks of belaying at the top of the climb. Getting ready to head to Shovel Point or Palisade Head? This session will cover the basics when transitioning from belaying on the base to belaying on the top of a climb. Held at Shovel Point. This is not a climbing trip, it is an anchors building clinic.

OCTOBER 23 - 26

DAY 1 & 2 - 6:00 P.M. - 9:00 P.M.

DAY 3 & 4 - 9:00 A.M. - 5:00 P.M.

Register By: Sessions 1 & 2 Noon, day of. Sessions 3 & 4 by noon on Friday, October 24.

Meet: Session 1&2 - UMD North Shore Wall, Session 3&4 - Trailhead

Cost: Session 1&2 - \$5 UMD Students/ \$10 Others

Session 3&4 - \$15 UMD Students/\$30 Others

Prerequisite:

FREE CLIMBING OPPORTUNITIES

FIRST WEEK FREE

Climbing is FREE during the first week of Open Climbing Hours

SEPTEMBER 8 – 13

Extra instructors will be on hand to help answer questions and to fit equipment.

ALTERNATE WEDNESDAY LATE NIGHT STUDY BREAKS

8 – 10 pm at the Inland Wall

COSMIC BOULDERING

Spend a relaxing late night bouldering and watching videos. Everyone is welcome, just stop in.

SEP 24, OCT 8, 22, NOV 5, 19, DEC 3

WOMEN ON THE WALL

Calling all women, womyn and female-identifying persons! Join us at the Inland Wall, for some women only climbing! Beginners are always welcome. Bring your friends! All equipment and female-identifying instructors are provided

SEP 17, OCT 1, 15, 29, NOV 12, DEC 10

BEGINNER BELAY CLINIC

Description: Learn how to belay! Join us in the inland wall for a low pressure, out of the way, stress free environment to learn this new skill. Take the pressure of on-lookers and other accomplished climbers away and we think you'll find learning to belay a fun experience! Specialized instruction for beginning climbers/belayers.

6-7PM MONDAY, SEPTEMBER 15

No Registration Necessary

Meet at the North Shore Wall, SpHC

No Prerequisite

ADOPT A CRAG CLEAN UP

Join with the local climbing community and the Access Fund to clean up and improve local climbing areas. Trash removal, trail maintenance and route improvement will happen while getting to know more local climbers. Call 218-726-6257 with questions. Transportation is provided!

SATURDAY AND SUNDAY, SEP 27-28

Register by Noon on Friday, Sep 26

Meet in the SpHC Lobby

Free

No Prerequisite

ROUTE SETTING CLINIC

Here is your chance to learn the techniques for designing a fun, challenging new route at UMD's climbing walls. Whether bouldering or roped climbing is your preference, join with our experienced instructors to get started 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.

DATE: 6:00PM, OCTOBER 16

Register by Noon, Thursday, Oct 16

Meet at the North Shore Wall

FREE

Prerequisite: Obtained UMD Belay card or equivalent

FREE FITNESS BOULDERING

Focusing on core strength, balance and coordination, bouldering is a great addition to a workout or as a complete workout alternative. Add a challenge to your everyday workout with a bouldering routine. Anyone with a facility or climbing pass may boulder at no additional cost during regular facility hours other than open climbing hours. During open climbing hours you must have a climbing pass to boulder or climb. Please keep your feet below the four-foot high red line.



HALLOWEEN BOULDERFEST COMPETITION

Dress up and join us for some TREATS on Friday evening. New bouldering problems made all the more TRICKY by your Halloween costume. Compete for the best costume prize! Walk in registration from 2-3pm. Costume and climbing experience not required.

3:00 P.M. - 7:00 P.M. OCTOBER 31

Register By: Noon, Friday, October 31

Meet: North Shore Wall

Cost: \$5 UMD Students/\$10 Others

Prerequisite: None

TRAD CLIMBING CLINIC

Description: Apply the skills you have learned in the anchor clinics as well as the sport leading clinics to ground up, traditional ascents of some beautiful Duluth Climbs. Lead Belay Certification required.

9:00 A.M. - 5:00 PM, NOVEMBER 2

Register By: Noon, Friday, October 31

Meet: North Shore Wall

Cost: \$5 UMD Students/\$10 Others

Prerequisite: Lead Belay Certified at the UMD Climbing Wall

CLIMBING SELF RESCUE

Description: This session will cover the basics of standard climbing wall rescues. Progression of techniques, belay take-over and ascending a rope using an assisted locking belay device.

6:00 - 9:00 PM NOVEMBER 21

Register By: Noon - Friday November 21

Meet: North Shore Wall

Cost: \$5 UMD Students/\$10 Others

Prerequisite: Belay Certified at the UMD Climbing Wall

MULTI PITCH CLINIC

Description: 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.

6:00 - 9:00PM, DECEMBER 5

Register By: Noon, Friday, December 5

Meet: North Shore Wall

Cost: \$5 UMD Students/\$10 Others

Prerequisite: Needs to be Lead Belay Certified at the UMD Climbing Wall

MOUNTAINEERING CLINIC

Description: When traveling in mountains or across ice and snow, knowing basic skills can greatly reduce risks you may be exposed to. Join our experienced instructors and get started learning these skills to prepare you for your next mountain adventure!

9:00AM - 5:00PM, DECEMBER 7

Register By: Noon - Friday, December 5

Meet: Trailhead

Cost: \$5 UMD Students/\$10 Others

Prerequisite: None

DESTINATION TRIPS



NORTH SHORE PADDLE, CAMP, AND CLIMB

By rock or by paddle... or both! Join us for a weekend of paddling and climbing in, on, around and above the greatest lake of them all! We provide the equipment, you bring yourself and a friend! Explore one of Minnesota's beautiful state parks, Tettegouche!

4PM FRIDAY, SEP 19 - SUNDAY, SEP 21

Register By: Noon, Wednesday, September 17.

Meeting Location: The Trailhead: SpHC Entrance near Bulldog

Cost: \$65 UMD Students/ \$110 Others

Prerequisite: None

FULL MOON & ECLIPSE BOULDERING

Head out with us for some evening bouldering. If we are lucky, the moon will actually go through a full eclipse! See how hard you can pull down when we all turn into creatures of the night!

8:00 PM OCTOBER 8

Register By: Noon, Wednesday, Oct 8

Meeting Location: SpHC Trailhead

Cost: \$5 UMD Students/\$10 Others

Prerequisite: None

FALL COLOR HIKE AND RAPPEL AT ELY'S PEAK

Get outside and enjoy the fall colors and the scenic vistas of the St. Louis River Valley. Hike to the summit of Ely's Peak along the Superior Hiking Trail then rappel down a steep cliff face to its base. All rappel equipment is provided, no experience necessary.

4:00 PM., WEDNESDAY, OCTOBER 14

Register By: Noon, Wednesday, Oct 14

Meeting Location: SpHC Trailhead

Cost: \$5 UMD Students/\$10 Others

Prerequisite: None

SANDSTONE SPORT CLIMB

Robinson Park in Sandstone, MN is a unique place to climb. A mix of quarried and natural, untouched rock are available to climb. We will be arriving during one of the best times of the year to climb in Sandstone.

9:00 AM. - 5:00 PM OCTOBER 18

Register By: Noon, Friday, October 17

Meeting Location: Trailhead

Cost: \$15 UMD Students/\$30 Others

Prerequisite: Checked off to belay at UMD's climbing walls.

CARLTON PEAK AND SECTION 13 CLIMB

Come climb with us at these beautiful outdoor climbing areas located near Duluth and along the North Shore. Let our experienced instructors be your guides for an outdoor climbing session that is fun and instructional!

8AM-6PM, OCTOBER 19

Register By: Noon on October 18th

Meeting Location: Trailhead

Cost: \$15 UMD Students/\$30 Others

Prerequisite: Checked off to belay at UMD's climbing walls.

CLIMB SHOVEL POINT'S SEA CLIFFS

Description: Sea cliff climbing at its greatest; enjoy high quality climbing on stunning cliffs rising directly out of Lake Superior. Bring your camera and your sense of adventure for this fun day. Beginners welcome.

SUNDAY, MAY 4, 9AM - 6PM

Register by: Noon, April 29

Meeting Location: At the "Trailhead" in the SpHC Lobby

Cost: \$20 UMD Students/\$45 Others

Prerequisite: None



THURSDAY POOL SESSIONS

SEP 4–MAY 7, 8–10 PM

We provide: Paddling gear, Instruction

You provide: Swimsuit, Towel

Meet: SpHC Pool

Cost: Your first session is FREE!

Thereafter Annual dues are \$40 UMD Students/ \$70 Others with free nose plugs for all annual members. Single semester dues are \$30 UMD Students/ \$45 Others. Three session spring creeker tune-up memberships are \$15.

FALL COLOR DULUTH WATERFRONT SEA KAYAK TOUR OPEN TRIP 105010

This tour begins at our Boat Shed on Minnesota Avenue. We'll paddle along the world's longest freshwater sandbar and circumnavigate Hearing Island, a sanctuary for herring gulls, terns, cormorants and other water birds. Experience a working harbor as we paddle alongside visiting ships from around the world enroute to the William A. Irvin, a docked 700 foot ore boat.

FRIDAY, SEP 5, 5–8 PM

Register By: Noon, Sep 4

We provide: Paddling gear, transportation, instruction.

You provide: Clothes and shoes to get wet, water bottle, snack.

Meet: RSOP Trailhead in the SpHC Lobby

Cost: FREE for Club Members, \$15 for non-members.

SPRING THAW LAKE SUPERIOR CLUB TRIP

Join us for a great afternoon of paddling through ice flows as the big lake begins to break up for summer. Open to all skill levels. A tandem or solo sea kayak will be selected for use based on each paddlers previous kayaking experience.

SATURDAY, APR 4, 1–5 PM

Register by: March 26th pool session.

Meet: At the UMD Pool/Tennis Court

Cost: FREE for UMD Kayak & Canoe Club Members only, sign up at pool sessions.

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. River running skills are required, and demonstrated to Kayak and Canoe Club officials before the trip.

SATURDAY, APR 11, 10 AM – 6P M

Cost: Free for UMD Kayak & Canoe Club Members

KNIFE RIVER CLUB TRIP

This will be the feature white water trip planned for the spring semester before finals come. You will be able to develop your white water skills while paddling I-III rapids on the Knife River. River running skills are required, and demonstrated before the trip.

FRIDAY, APR 17, 1 – 8 PM

Cost: Free for UMD Kayak & Canoe Club Members

UMD KAYAK & SUP SPRING RENDEZVOUS WEEKEND TRIP ON THE NORTH SHORE CLUB TRIP

Kayakers join forces with students from the Surf/SUP Membership to develop new paddling skills and friendships. Over the weekend we will paddle on Lake Superior and on the river. Our goal is to share our paddling knowledge with each other and explore the best local paddling areas. River running skills are required, and demonstrated before the trip.

SATURDAY & SUNDAY, APRIL 25-26

Cost: \$30, for UMD Kayak & Canoe Club or Surf Members only, sign up at pool sessions.

ST. LOUIS & MIDWAY RIVER CANOEING OPEN TRIP 205012

Enjoy the late spring warm up as we canoe the beautiful waters of Thomson Reservoir, the Midway River and St.Louis River at the Upstream/Downstream Rapids. You will enjoy a fun day trip, where you can brush up on your paddling skills and learn about the river.

SATURDAY, MAY 2, 9AM-4PM

Register By: Noon, May 1

We Provide: Canoes and Accessories

You Provide: Your own lunch and warm clothes

Meet: RSOP Trailhead in the SpHC

LobbyCost: FREE for Club Members/ \$15 for Nonmembers

KAYAKING IN THE POOL, EXPLORING LAKE SUPERIOR AND RUNNING RIVERS with the UMD Kayak & Canoe Club membership. Here's your chance to develop touring and whitewater paddling skills in a warm, comfortable setting with knowledgeable instructors. The UMD Kayak and Canoe Club members work together to refine skills and then head out to local paddling spots.



LESTER RIVER BOARDSPORT SAMPLER

This is your chance to try stand-up paddle boarding, longboard skateboard land paddling, freeboarding and take in the beauty of Lake Superior's North Shore. Our boardsport staff are dedicated riders who enjoy sharing their knowledge. The RSOP Lester River Surf & Kayak Shack serves as our headquarters and it provides the perfect lakeside venue for chillin, grillin, outdoor movies, illuminated night paddling and generally developing your boardsport skills. Local riders, retailers, equipment reps and leaders from related UMD student organizations are often at our sessions to provide additional information. It's time to grab a board, pick your stance and start riding!

THURSDAY 4-9PM - SEPTEMBER 11

SATURDAYS 4-9PM - SEPTEMBER 13

We Provide: Instruction, boards, wetsuit, lifejacket, paddles, helmets, kneepads, gloves, snacks, beverages, plates, utensils, open grill, transportation by request.

You Provide: Swimsuit, towel, shoes to get wet, warm clothes, closed toe shoes for skateboarding, food to grill or re-heat for dinner.

Meet: At the Lester River (60th Ave. East & London Road) or the RSOP Trailhead in the SpHC Lobby at 3:30 if you have requested a ride.

Cost: \$15 UMD Students / \$50 Others

All sessions available to RSOP Surf or Snow Kiting Members. Deduct the Sampler fee from your annual membership if you're hooked. See page 23 for membership pricing.

DULUTH PADDLESPORT & SURFING RENDEZVOUS

Explore, understand and help protect Lake Superior at the UMD-RSOP Surf Shack located next to the mouth of the Lester River. This is the host site for a beach clean-up, equipment demo, and paddling challenges that will offer something for everyone. Learn about lake research, watersport safety, access, skill development, exploration, outdoor fitness and more. Also check out the Lester River Rendezvous festivities with food and music held just upstream. A free shuttle service will be available from the RSOP Trailhead on the UMD Campus to the Surf Shack for UMD Students.

SATURDAY, SEPTEMBER 27 9AM-6PM

Learn more at www.umdrsop.org/dpsr

SURFING FACTS: DID YOU KNOW THAT....

When the wind blows over Lake Superior from the Northeast, Duluth becomes a legitimate surf town. Park Point, Lester River and Stony Point are local hot spots that draw surfers into the cold water to ride fresh water waves. We have the surfboards, the wetsuits and the enthusiasm to get you involved with surfing in the Duluth area and beyond!



SURFING BASED STRENGTH & CONDITIONING - POOL SESSIONS

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. We will surf on the wake behind a water-ski boat at Island Lake and utilize stand up paddle boards propelled with specialized paddles to broaden your board skills. This is also a great chance to meet others interested in surfing, learn about equipment, and how to get equipment. Thirty minutes of each session will be devoted to dry-land instruction of surf related topics. Attendance at each session is strongly advised.

FRIDAYS (8:30- 11:00AM)

SEPTEMBER 12, 19, OCTOBER 3, 10, 17

WEDNESDAYS (2:30- 4:30PM)

APRIL 8, 15, 22

We Provide: Surfboards, Accessories, Instruction

You Provide: Swimsuit, Towel

Meet: UMD Sports and Health Center Pool

Membership Cost: RSOP Surf/Paddle Board Only Member

\$45 Annual for UMD Students / \$115

Annual Others OR RSOP

Combined Surf/Paddle Board & Kite

Member \$70 Annual for UMD

Students/\$175 Others

*Spring Only Membership: \$25 UMD

Students (205101)



DEVELOP SURF, SUP, LONGBOARD SKATEBOARD AND SNOW KITE SKILLS FALL 2014 SPRING 2015

Instructional sessions are designed to serve beginner to advanced skill levels. Observing a session is free and boarding rates are designed to match your schedule and budget. If you have limited time, sign up for a Lester River Boardsport Sampler (\$15 for UMD Students and \$50 for others) or try a Kite Introduction (\$8 for UMD Students and \$15 for Others) then deduct the fee from an annual membership if you're hooked. Choose the Annual Surf/Paddle Board Membership or Snow Kiting Membership for \$45 if you are a UMD Student and \$115 for Others to achieve full access! You can also combine the Surf/Paddle Board & Kite Membership for \$70 per year if you are a UMD Student and \$175 for Others. Memberships are limited to the first 40 students and 10 non-students registered.

Members will be able to attend all of the scheduled programs during the school year at no additional cost. Most importantly you will receive e-mail invitations to roughly ten additional sessions whenever the conditions are favorable. E-mail invitations are offered at two different skill levels. We travel to a wide variety of locations to encourage skill development for all. **NEW!!** Longboard Land Paddling outings will also occur in 2013-2014 for all Surf and Snow Kite members. Most of the longboard surf and stand-up paddle board outings occur from late September through early November, then the kite action heats up in December and runs through March. Surfing resumes in April and early May.



SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP - 108002

March 13-23, 2015

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



KITING FACTS: DID YOU KNOW THAT....

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!

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 controlled reaches across the softball field.

TUESDAYS , 11AM–1PM

NOV 4, 18, 25, JAN 27

FRIDAY, NOON–2PM JAN 23

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

Cost: \$8 UMD Students / \$15 Others
Transferable to an alternate date if wind is less than 10 mph. All sessions available to RSOP Snow Kiting Members. Deduct the Intro Session fee from your annual membership if you're hooked.

See page 23 for membership pricing.

KITE INTRO & ONE RIP OUTING 108005

Add one small group lake outing to your Intro Session. Deduct the fee from your annual membership if you're hooked.
Cost: \$25 UMD Students, \$70 Others

RIP OUTINGS

Lake kiting for all UMD RSOP Kite Members. If the forecast calls for at least 10mph 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. What a rush!

RIP ACROSS WILD RICE LAKE

THURSDAY 11AM–5PM DECEMBER 11

SATURDAY 11AM–5PM DECEMBER 11

RIP ACROSS ISLAND LAKE

SATURDAY 11AM–5PM JANUARY 24, MARCH 7

THURSDAY 11AM–5PM FEBRUARY 19

We Provide: Kites, Harness, Helmets, Instruction with snowmobile support on Island Lake.

You Provide: Alpine or Telemark skis and Boots or Snowboard and Boots, Helmet, Snow Pants, Jacket with Hood, Mittens, Hat, Sunglasses, Water Bottle, Lunch/ snacks

Skill Level: All Kite Members may attend. Must be able to safely launch, steer, de-power, & relaunch kite before traveling away from launch area

Meet: Designated lake, Maps will be provided

Cost: Must be RSOP Snow Kiting Member. See page 23 for membership pricing.

PRIVATE SNOW KITING INSTRUCTION FOR THE COMMUNITY MEMBERS OF NORTHERN MN

Schedule a full day of snow kiting with your own instructor. Our on-call waiting list serves one or two people at a time. 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 Member after your private session.

CONTACT RANDY CARLSON

218–726–6177 or rcarlso6@d.umn.edu for more details.



EQUIPMENT RENTAL

EQUIPMENT RENTAL CENTER 154 SPHC

MONDAY: 9AM– 6PM

TUESDAY– THURSDAY: 11AM– 6PM

FRIDAY: 11 AM – 7 PM

Your next trip starts here! Quality gear at low prices.

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–Sun

BOUNDARY WATERS WEEKEND

Royalex Canoe w/paddles, pfd's, 3 Duluth Packs, Bear Rope Kit, Folding Camp Saw
Price: \$70 UMD Students Only

BACKPACKING WEEKEND

2 Backpacks
Price: \$40 UMD Students Only

SEA KAYAKING WEEKEND (SEP ONLY)

Kayak(s) for two people w/paddles, pfd's Wetsuits, Pump, Paddle float, 4 Dry Bags
Price: \$100 UMD Students Only

NEW! BIKE REPAIR

Wednesdays 6-7:30pm

- Lube, flat repairs & adjustments
- You help and learn
- Minimal charges

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.

25 umdrsop.org | (218)726-7128

RENTAL ITEMS & LIST PRICES (LP)

UMD STUDENTS GET 10% DISCOUNT ON ALL EQUIPMENT

	List Price (LP)		List Price (LP)
WINTER GEAR		DISC GOLF	
<i>XC SKI PACKAGE SKIS, POLES, BOOTS</i>		Driver, Putter Free UMD Students/ \$1 others	
Classic Skis No Wax or Waxable	\$10.00	CLOTHING	
*Skate Skis	\$12.00	Rain Jacket	\$3.00
Telemark Ski Package Skis, Poles, Boots	\$16.00	Rain Pants	\$3.00
Back Country Ski Package Skis, Poles, Own Winter Boots	\$8.00	Wetsuit, PFD, Paddling Jacket package	\$9.00
Wax Kit Kick Wax, Cork, Scraper	\$1.50	MISCELLANEOUS	
Snow Shovel	\$2.00	Trowel	\$5.00
*Ice Skates	\$4.00	Head Lamp	\$2.00
Pulk Sled	\$3.00	First Aid Kit	\$3.00
*Snow Sled	\$3.00	Bear Rope Kit	\$2.00
*Snow Shoes (metal or wood)	\$9.00	LED Lantern (Crank)	\$2.00
*These items are available for 2 & 6 hour periods. (See Rate Calculator)		Folding Camp Saw	\$1.50
TENTS & SHELTERS		NAVIGATION	
1 person tent (Eureka)	\$6.50	Compass (Orienteering Style)	\$1.00
2 person tent (Marmot)	\$8.00	CLIMBING INDOOR/ OUTDOOR	
3 person tent (Marmot)	\$9.50	Rock Shoes	\$2.00
4 person tent (Marmot)	\$12.00	Climbing Harness	\$2.00
Rain Fly (10x14) or (9x12)	\$4.00	Climbing Helmet	\$2.00
STOVE/ COOKING GEAR		Crash Pad	\$5.00
2 Burner Stove (Coleman)	\$4.00	Ice Climbing Boots	\$6.00
1 Burner Stove (Coleman)	\$3.50	Crampons	\$4.00
Isobutane Stove (Optimus Vega)	\$3.50 plus fuel	Ice Axes (1 pair)	\$12.00
Alcohol Stove	\$2.00	CANOES (Available thru Oct 31) Includes 2 paddles, 2 pfd's and tie down kit	
Cook Kit (Lg) up to 10 people	\$2.50	Aluminum Canoe (Alumacraft)	\$20.00
Cook Kit (Sm) up to 3 people	\$2.00	Royalex Canoe (Wenonah)	\$22.00
Utensil Kit	\$1.00	Plastic Paddle	\$2.00
Fuel Bottle	\$.50	Wooden Paddle	\$3.00
Fuel 32 oz.	\$4.00	PFD	\$3.00
Fuel 22 oz.	\$3.00	SEA KAYAKS (Avalable thru Oct 7) Wetsuit, Spray Skirt, Paddle, PFD, Pump, Paddle Float	
ISO Butane Fuel Canister 4oz or 8oz	\$5.00/\$7.00	Single Kayak	\$40.00
Water Filter (Katadyne Ceramic)	\$5.00	Tandem Kayak	\$65.00
FISHING		STAND UP PADDLEBOARD Available thru Oct. 7	
Spin Casting Rod/Reel Combo (Collapsible)	\$2.00	Board, Paddle, PFD, Wetsuit, Tie Down Kit, Leash	\$30.00
Ice Fishing Rod/Reel Combo	\$2.00	TRANSPORTATION	
Clam Ice Shelter	\$15.00	Canoe Trailer	\$35.00
Ice Auger (Hand)	\$4.00	*Bike Mountain / 29er	\$20.00
Chest Waders	\$4.00	*City/Path Bike	\$14.00
PACKS		Buck-A-Bike	\$1.00
Backpack (Granite Gear)	\$4.50	*Kick Scooter	\$6.00
Duluth Pack #3 or #4	\$3.00/\$4.00	BREAK SPECIALS	
SLEEPING BAGS		Rent gear on Dec 18 or 19, keep it until Jan 3 and pay only 1 week of rental. That's 2 weeks for the price of 1! Gear must be returned on Jan 3. Rent gear any day, from Jan 3–20 for 30% off of regular rate.	
Sleeping Bag (to 35 F)	\$3.50		
Sleeping Bag (to 20 F) (Wiggly's)	\$4.50		
Sleeping Bag (to 0 F) (Wiggly's)	\$4.50		
Self Inflating Pad	\$2.00		
Closed Cell Foam Sleeping Mat	\$1.00		

ACTIVITY CALENDAR

PROGRAM	DATES	TIMES	COST	REG DEADLINE	MEET	PAGE #
Primitive & Resourceful Fire Making	9-Oct	6-8pm	\$3/\$6	Noon, Oct. 8	Bagley Classroom	15
Cosmic Bouldering	9-Oct	8-10pm	FREE		Inland Wall	19
Fall Color Hike and Rappel	9-Oct	4-8pm	\$5/\$15		RSOP Trailhead	20
Secret Waterfalls of Duluth	10-Oct	3:30-5:30pm	\$4/\$8	Noon, Oct. 9	RSOP Trailhead	14
Women on the Wall	11-Oct	5-7pm	\$3/\$10		Inland Wall	18
Herbal Tea Make & Take	16-Oct	5-7pm	\$5/\$8		SpHC 191	15
Technique With Abby	16-Oct	8-10pm	FREE			19
Secret Waterfalls of Duluth	17-Oct	3:30-5:30pm	\$4/\$8	Noon, Oct. 16	RSOP Trailhead	14
Top Rope Anchors Session 1	17-Oct	6-9pm	\$5/\$15		Inland Wall	19
Yoga for Athletes	18-Oct	8pm	\$1		Gold Room	9
Top Rope Anchors Session 2	18-Oct	6-9pm	\$5/\$15		Inland Wall	19
Top Rope Anchors Session 3	19-Oct	9am-5pm	\$15/\$45		RSOP Trailhead	19
Top Rope Anchors Session 4	20-Oct	9am-5pm	\$15/\$45		RSOP Trailhead	19
Night Hike	21-Oct	7-9pm	\$3/\$6	Noon, Oct. 18	Bagley Classroom	16
Canoe Paddle Making	22-Oct	6-9pm	\$28/\$38	Noon, Oct. 17	SpHC 9	16
Willow Basket Making	23-Oct	5-8pm	\$8/\$15	Noon, Oct. 22	RSOP Trailhead	16
Women on the Wall	25-Oct	5-7pm	\$3/\$10		Inland Wall	18
Multi-Pitch Climbing Clinic Session 1	25-Oct	5-8pm	\$5/\$15		North Shore Wall	19
Multi-Pitch Climbing Clinic Session 2	26-Oct	9am-5pmpm	\$15/\$15		RSOP Trailhead	19
Route Satting Clinic	27-Oct	12-4pm	\$5/\$15		North Shore Wall	19
Winter Biking 101	28-Oct	6-7:30pm	\$2/\$5	Noon, Oct. 28	Bagley Classroom	16
Chalk Bag Make & Take	30-Oct	5-7pm	\$5/\$8		SpHC 191	15
Slackline Yoga	30-Oct	4-6pm	\$5/\$15		RSOP Trailhead	19
Halloween Bouldering Fest	2-Nov	3-6pm	\$5/\$15	Walk-In	North Shore Wall	20
Inland Wall Overnight Extravaganza	5-Nov	8pm-10am	\$10		Inland Wall	20
Kite Introduction Sessions	5-Nov	11am-1pm	\$8/\$15		SpHC 153	24
Knitting With Erin	6-Nov	6-9pm	\$5/\$12	Noon, Nov. 5	SpHC 119	16
Yoga For Climbing	6-Nov	5-6pm	\$5/\$15		RSOP Trailhead	20
Basic Climbing Wall Rescues	9-Nov	12-4pm	\$5/\$15		North Shore Wall	20
Sharpening Clinic	11-Nov	7-9pm	\$2/\$5	Noon, Nov. 8	SpHC 9	16
Mock Leading Clinic	12-Nov	6-9pm	\$5/\$15		North Shore Wall	20
Cribbage Board Make & Take	13-Nov	5-7pm	\$5/\$8		SpHC 191	15
Kite Introduction Sessions	15-Nov	11am-1pm	\$8/\$15		SpHC 153	24
Snowshoe Making	18-Nov	6-9pm	\$105/\$115	Noon, Nov. 15	SpHC 119	16
Kite Introduction Sessions	19-Nov	Noon-2pm	\$8/\$15		SpHC 153	24
Kite Introduction Sessions	26-Nov	11am-1pm	\$8/\$15		SpHC 153	24
Paper Making Make & Take	4-Dec	5-7pm	\$5/\$8		SpHC 191	15
Waxing Clinic	5-Dec	7-9pm	\$5/\$10	Noon, Dec. 5	SpHC 9	16
Rip Across Wild Rice Lake	12-Dec	11am-5pm	Kite Member		Wild Rice Lake	24
Rip Across Wild Rice Lake	14-Dec	11am-5pm	Kite Member		Wild Rice Lake	24
Rip Across Island Lake	19-Jan	11am-5pm	Kite Member		Island Lake	24
Kite Introduction Sessions	24-Jan	11am-1pm	\$8/\$15		SpHC 153	24
Rip Across Island Lake	25-Jan		Kite Member		Island Lake	24
Kite Introduction Sessions	28-Jan	Noon-2pm	\$8/\$15		SpHC 153	24
Kite Introduction Sessions	29-Jan	11am-1pm	\$8/\$15		SpHC 153	24
Rip Across Island Lake	20-Feb		Kite Member		Island Lake	24
Rip Across Island Lake	8-Mar		Kite Member		Island Lake	24
St. Louis River & Midway River Canoe	3-May	9am-4pm	Membership/ \$15	Noon, May 1	RSOP Trailhead	21

ACTIVITY CALENDAR

PROGRAM AREAS:

AQUATICS	KITE & SURF
KAYAK & CANOE	OUTDOOR ACTIVITIES
FITNESS & WELLNESS	CLIMBING

The University of Minnesota Duluth is an equal opportunity educator and employer.

PROGRAM	DATES	TIMES	COST	REG DEADLINE	MEET	PAGE #
Kayaking in the Pool and Club (Start)	5-Sep	8-10pm	\$25/\$40 Membership		Pool	21
Fall Color Waterfront Sea Kayak	6-Sep	6-9pm	Membership/ \$15	Noon, Sep. 5	RSOP Trailhead	21
Sailing Duluth	7-Sep	1-5pm	\$18	Noon, Sep. 06	RSOP Trailhead	13
Wild Mushroom Hike	8-Sep	1-4pm	\$13/\$25	Noon, Sep. 6	SpHC 119	13
Group Fitness (Start)	9-Sep		\$50/\$125		SpHC 153	8
NSSC Swim & Core (Start)	9-Sep	6:30-8:30	\$145		Pool	12
Volunteering / Outdoor Program (Start)	10-Sep	5-6pm	FREE		SpHC 191	13
Bike Tune Up	11-Sep	6-8pm	\$5/\$9	Noon, Sep. 10	SpHC 9	13
Cosmic Bouldering (Start)	11-Sep	8-10pm	FREE		Inland Wall	19
College Outdoor Skills Day	12-Sep	3-7pm	FREE	Noon, Sep. 11	RSOP Trailhead	13
Lester River Boardsport Sampler (Start)	12-Sep	4-9pm	\$15/\$50		RSOP Trailhead	22
Paddling the Boundary Waters	13-Sep	2pm	\$70	Noon, Sept. 11	RSOP Trailhead	17
Ely's Peak Climb & Boulder	13-Sep	4-8pm	\$20/\$55		RSOP Trailhead	20
Surfing Based Strength & Cond (Start)	13-Sep	8:30-11am	\$70/\$175		Pool	23
39 in 24 Superior Hiking Trail	14-Sep	4am- Midnight	\$8/\$20	Noon, Sep. 13	RSOP Trailhead	13
Lester River Boardsport Sampler	14-Sep	4-9pm	\$15/\$50		RSOP Trailhead	22
Edible Plants	16-Sep	4-6 pm	\$4/\$8	Noon, Sep. 13	Bagley Classroom	14
Ultralight Backpacking on a Budget	17-Sep	7-8:30pm	\$2/\$4	Noon, Sep. 17	Bagley Classroom	14
Technique With Abby (Start)	18-Sep	8-10pm	FREE			19
Backcountry Breakfast	19-Sep	5:30-8pm	\$5/\$9	Noon, Sep. 18	Bagley Classroom	14
Backpack the Porcupine Mnts., MI	20-Sep	2pm	\$70/\$112	Noon, Sep. 18	RSOP Trailhead	17
Pictured Rocks SUP	20-Sep	2pm	\$70		RSOP Trailhead	22
Fly Fishing for Bass	21-Sep	9am-1pm	\$12/\$18	Noon, Sep. 20	RSOP Trailhead	14
Shovel Point, Tettegouche State Park	21-Sep	9am-5pm	\$20/\$55		RSOP Trailhead	20
On The Sharp End: Trad Lead Climbing	22-Sep	9am-5pm	\$20/\$55		RSOP Trailhead	18
Lumber Jill	24-Sep	5-7pm	\$10	Noon, Sep. 23	Rock Pond Kiosk	14
Tree ID	25-Sep	4-6pm	\$3/\$6	Noon, Sep. 24	Rock Pond Kiosk	14
Cosmic Bouldering	25-Sep	8-10pm	FREE		Inland Wall	19
Make Your Own Fly Lures	26-Sep	7-9pm	\$8/\$20	Noon, Sep. 25	Bagley Classroom	14
Women on the Wall (Start)	27-Sep	5-7pm	\$3/\$10		Inland Wall	18
Adopt-a-crag with Access Fund	28-Sep	9am-6pm	FREE			18
Adopt-a-crag with Access Fund	29-Sep	9am-6pm	FREE			18
Hunt Duluth	30-Sep	7-9pm	FREE		Bagley Classroom	14
Penny Can Stove Make & Take	2-Oct	5-7pm	\$5/\$8		SpHC 191	15
Technique With Abby	2-Oct	8-10pm	FREE			19
Secret Waterfalls of Duluth	3-Oct	3:30-5:30pm	\$4/\$8	Noon, Oct. 2	RSOP Trailhead	14
Barn Bluff, Red Wing	4-Oct	2:30pm	\$60/\$90		RSOP Trailhead	20
Homecoming 5K Trail Run	5-Oct	10am	\$12/\$15	Noon, Sep. 30	Bagley	9
Palisade Head, Tettegouchel	6-Oct	9am-5pm	\$20/\$55		RSOP Trailhead	20
Apple Cidering	7-Oct	5-7pm	\$3/\$7	Noon, Oct. 4	Rock Pond Kiosk	15
Buckthorn Pull	8-Oct	4-7pm	FREE		Bagley Classroom	15