

University of Minnesota Duluth - Recreational Sports Outdoor Program

Ice Climbing Indoor Intro



**Wednesday, January 28, 2009
7:00 - 9:00 pm**

HERE'S WHAT TO EXPECT:

Learn to use ice climbing equipment in the warm and comfortable North Shore wall. Learn techniques to climb on both rock and ice terrain. Friendly, safety-trained instructors will give you pointers in a supportive environment.

WHERE:

We'll meet you at the UMD Sports and Health Center RSOP Welcome Desk.

COURSE INFORMATION:

We'll give an introduction to ice climbing equipment such as axes, boots and crampons. Participants will take turns practicing the moves on top rope on our "fake ice" panels on the North Shore Wall. Climbers will use ice tools for their hands and wear climbing shoes on their feet.

WHAT TO WEAR:

Wear clothing that allows freedom of movement.

EQUIPMENT:

We provide all the equipment.

COST: \$5 UMD Students/ \$20 Others
Register by Noon on January 27

INFO & REGISTRATION:

RSOP Day Office: 153 Sports and Health Center
(218) 726-6257
rsop@d.umn.edu
www.umdrsop.org

