

**University of Minnesota Duluth - Recreational Sports Outdoor Program**

# Slack Line Workshop

**WEDNESDAY, APRIL 29, 2009**  
**4:30 - 6:30 PM**



## HERE'S WHAT TO EXPECT:

A 'slack line' is a length of nylon webbing stretched tightly between two points (usually trees) a couple of feet of the ground. Climbers around the world have fun trying to balance and walk along the webbing. It's a great exercise to work on your balance and coordination.

Learn how to set up a slack line and try strategies for balancing and walking along one without falling off!

## WHERE:

We'll meet at the Trailhead in the Lobby of the UMD Sports and Health Center.

If you miss the group, look for the slacklines across Ordean Court and to the right, near the side of the Engineering Building.

## COURSE INFORMATION:

From the Sports and Health Center Lobby, we'll walk to a spot on campus where we can set up a slack line between two trees. We'll go over different materials and equipment for slack lines and a simple way to set one up. The group will take turns trying their hands (and feet) at this fun and challenging past time.

## EQUIPMENT:

We provide instruction and all equipment including crash pads.

**COST:** *Free for everyone!* Just stop by on Wednesday afternoon.



**The Real Classroom is outside...Get into It!**