

Slack Line Fun

Wednesday, April 21, 2010

4:00 - 6:00 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 off 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 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 all equipment and crash pads.

COST:

Try it for FREE

INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center
(218) 726-7128
rsop@d.umn.edu
www.umdrsop.org