

Kayak at Glensheen Estate



Fall 2007

Sunday, October 14, noon-6pm

HERE'S WHAT TO EXPECT:

Drive to Glensheen and take a tour of the grounds and have lunch along the Tischer Creek. After lunch, we'll hop in our kayaks and paddle through the Aerial Lift Bridge on our way back to the UMD Aquatic Center.

WHERE:

Meet at the Sports and Health Center Lobby

COURSE INFORMATION:

You will learn:

What to do in the event of a capsize "dry land wet exits"

Instructor demonstrates assisted rescue methods

Paddle strokes: forward touring stroke, reverse stroke, forward and reverse sweep and in water recovery draw.

Bracing for stability: low brace and sculling low brace.

EQUIPMENT:

Fall weather in Duluth Can be wet and cold please bring: Swimsuit & Towel, Filled Water Bottle, Lunch, Sunglasses with Strap, Eyeglasses must have retaining strap, Sunscreen, Shoes that will get wet, Warm hat and Sun Hat, Synthetic long underwear top and bottom, Rain Jacket and Warm jacket, Hat and Mitts.

WE PROVIDE:

Paddling Gear, Transportation, Instruction

COST:

\$10 (UMD Students Only)

Explore More with RSOP:

Kayaking in the Pool

Kayak at Glensheen Estate

Halloween Paddle

Paddling the BWCAW

Climbing and Bouldering Duluth

Climb Devil's Tower

Backpack the Porcupines

Mountain Bike Duluth

Halloween Orienteering Comp

Ski Waxing

Apple Cidering

Cat Fishing

Snowshoe Building

**General Information and
Registration**

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The Real Classroom Is Outside...Get Into It!

