

University of Minnesota Duluth - Recreational Sports Outdoor Program

Super Duper Way Beginner Snowboard Clinic

Friday February, 22nd 5-9pm

If you have never tried snowboarding before or if you just want to polish up your skills, this is the clinic for you.

HERE'S WHAT TO EXPECT:

We will drive to Spirit Mountain together, get our lift tickets and equipment. We will be taking things slow to start out with, working on balance, technique, stopping, and turning. During your time with our instructors you will learn how to ride a chairlift, cut turns and stop, execute smooth - turns and many other basic snowboarding skills. We will even play some games.

This is a wonderful learning opportunity for anyone who has ever wanted to try snowboarding or skiing, and since it's "college night" at the mountain the rates are cheap and they have free food! Don't forget your student ID!

WHERE:

Meet in the Lobby of the Sports and Health Center

WHAT TO BRING:

- Warm, flexible clothing that will keep you warm for the conditions. Waterproof or water repellent pants are essential.
- Snowboard or ski gear (if you have it) or money for rental & Money for lift ticket.
- NOTE: Lift Ticket plus Rental is only \$25 for College Students with I.D.

THE OUTDOOR PROGRAM PROVIDES:

- Transportation
- Instruction

COST:

\$8 UMD Students/ \$16 Others

REGISTER BY: Noon, February 21st



GOALS:

- Learn basic steps of how to snowboard.
- Develop skills
- Have Fun
- Meet new people

EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Check out our website for upcoming programs!
- Curling March 1st 12-3pm
- Stream Ski March 2nd 12-5pm
- Make your own sled competition Feb 26th from 5-6:30pm

GENERAL INFO:

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