Clinics

Please sign up for outdoor skills clinics in the Outdoor Recreation Office (WRC 174) prior to the date of the clinic.

Belay Clinics
Dates: Second and fourth Monday of every month; first and third Tuesday of every month
Time: 7 PM – 10 PM
Location: WRC 174 & Climbing Wall
Cost: University $15, Guest $25

Learn about climbing gear, safety, and the basics of belaying at UNI’s climbing wall. This hands-on clinic is designed to teach you what you need to know to become belay certified at the UNI climbing wall. This clinic covers proper belay technique and the use of knots, belay devices and other safety equipment. Additional times can be arranged for groups of three to six people.

Lead Clinic
Date and time: By appointment
Location: WRC Climbing Wall
Cost: University $15, Guest $25

Do you climb here often? If you’re a seasoned climber looking for a more challenging climbing experience, take our lead clinic and take your climbing to the next level. To schedule a clinic, contact Jason at jrccliff@uni.edu.

Kayak Beginner Clinic
Date: March 25
Time: 7 PM – 9 PM
Location: WRC 174 & WRC Pool
Cost: University $15, Guest $25

Have you ever wanted to learn to kayak? Then this clinic is for you! This introductory course will take you through the basics of kayaking, including learning proper posture, maneuvers, and basic strokes. By the end of this course, you will feel comfortable in any kayak and should feel confident paddling on flat water.
Kayak Roll Clinic
Date: April 8
Time: 7 PM – 9 PM
Location: WRC 174 & WRC Pool
Cost: University $15, Guest $25

Learn the basics of kayaking and the kayak roll in the pool. This instructional clinic will provide hands-on experience and personal attention. Kayaks and instructors included during instructional clinic. Swimming skills required.

Cross-Country Ski Night
Dates: Wednesday nights from January 29 to February 26
Time: 5 PM
Location: WRC 174 & Campus Trails
Cost: $5

Spend some time cross-country skiing on the west campus recreation trails. Snow permitting, we will meet in the outdoor recreation office (WRC 174) to gear up and head out to the trails. Skis, boots, and headlamps are provided and no experience is necessary. Be sure to dress for the weather! After hitting the trails, we will brew up some hot chocolate to warm up.

Backcountry Cooking Clinic
Dates: March 4, 5, or 6
Time: 7 PM
Location: WRC 174
Cost: $10

Learn the fundamentals of cooking in the wilderness! Join UNI Outdoors and learn some of our favorite recipes. This clinic is recommended for anyone joining us on our extended of our favorite break trips.