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Special Thanks & Appreciation to:

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Since 1980, Center Activities has continued to provide outdoor, recreational, fitness, educational and social experiences to Humboldt State University students and the surrounding community in order to promote personal development, discovery, and foster involvement in the community. Center Activities is your one-stop recreation destination. Whether you are looking for a certification program, outdoor equipment rental, or want to take the first steps toward learning a new skill, we’ll help you reach your goal.

We are located on the east side of HSU campus in the Recreation and Wellness Center, adjacent to the Redwood Bowl. The Recreation and Wellness Center houses a multi-departmental collaboration between Center Activities, Recreational Sports and Student Health & Wellness Services. Visit the drop-in lounge where one can find great magazines, video games, board games, karaoke and more.

Everyone is welcome to register for programs at the Recreation & Wellness Center. The collaborating programs of Center Activities and the Recreation & Wellness Center are equal opportunity service providers and are eager to work with people of all abilities. Inquire about accommodations for programming.

Equipment Rental Program: Camping and aquatic equipment is rented on a first-come, first-serve basis. See the Rental Guide on page 25-26 for pricing, policies, and available equipment.

Leisure Activities: This program offers personal enrichment courses in music, food & beverage, art and more, taught by skilled and qualified instructors.

Outdoor & Aquatic Activities: This program offers many exciting introductory and intermediate adventures throughout the year! Youth aquatic camps are offered each summer, encouraging outdoor recreation as a healthy, lifelong pursuit.

Private Trips: Have friends or a special group looking for an adventure? Want to explore a particular trail system or waterway but need us to lead the way? We are happy to help plan your custom trip. Please contact us for more information and pricing.

Center Activities is the regional boating safety center for the North Coast and is supported by the California State Parks Division of Boating and Waterways (DBW). DBW allocates funds for boating facilities, boating safety education and boating law enforcement throughout California. Center Activities aquatics equipment inventory is also funded by DBW to enhance boating safety education in Northern California. Please see www.dbw.ca.gov for more information.

Center Activities holds special use permits with the Shasta-Trinity, Six Rivers and Klamath National Forests, BLM, Humboldt County and California State Parks. We also work closely with Humboldt County Parks, and other agencies as needed.
Student Recreation Center

The Student Recreation Center’s (SRC) purpose is to enrich the opportunity for on-campus physical activity through drop-in recreation, group fitness classes, indoor climbing, personal training, and special events. The SRC is comprised of two buildings. The SRC is located near the Kinesiology & Athletics Building; the SRC West is located between the Forbes and West Gyms.

Indoor Field Space:
The indoor field is used for jogging, intramural and sport clubs practice, athletics practice, special events, drop-in recreation, and private rentals.

Strength Training:
The strength training area of the SRC features a weight room with a large variety of equipment. SRC West has a small free weight area and resistance machines.

Cardio Training:
The cardio training areas of both facilities offer a variety of exercise equipment, including ADA accessible machines.

Climbing Wall:
The SRC offers a bouldering area and seven roped climbs as tall as 46 feet. Basic climbing instruction is available at this facility for those new to the sport. SRC West features a challenging bouldering wall. Rental gear is available at both locations.

Humboldt Bay Aquatic Center

Located at the waters edge of Humboldt Bay across from Woodley Island Marina. The Aquatic Center is dedicated to providing recreational boating and education.

Aquatic Equipment Rentals: Kayak Rentals and More: Our day rate rentals offer kayaks, stand up paddle boards, canoes, sail boats, outrigger canoe, and much more! Turn to page 14 for more pricing.

Outdoor Tours & Classes: The Aquatic Center provides group tours for HSU students, school groups, clubs, and anyone else who wants to get outside and enjoy nature together! Guided tours can focus on a range of areas such as wildlife interpretation, water safety skills, teamwork, or plain simple fun!

Kayak or Stand Up Paddle Board
Daily Rate
$20 HSU Student • $25 Community Member

Tandem Kayak Or Canoe
Daily Rate
$30 HSU Student • $35 Community Member

Policies:
- Launch off dock rentals conclude one hour before closing.
- Rental limits are based on forecast weather conditions and tides.
- In order to be safe and comfortable, participants need to be able to tread water in a PFD and respond to directional guidance in very cold water. Please consider these factors when bringing your child to the Aquatic Center.

Center Activities
Center Activities

humboldt.edu/centeractivities

Summer 2016

Departments
Nothing like a campfire... and a clean sleeping bag

DOWN SLEEPING BAGS $20

On the hill
12th & G Streets
ARCATA

OPEN EVERY DAY

EMERALD CITY
LAUNDRY COMPANY

emeraldcitylaundry.com
General Information
Outdoor recreation can be a lifelong pursuit with rewards at every step of the way. Since 1994, Center Activities has offered an incredible opportunity for youth. Our Youth & Teen Aquatic and Adventure Camps emphasize building confidence, encouraging teamwork and learning aquatic skills in a safe, fun environment. Center Activities has over thirty years of experience offering outdoor programs, with an enthusiastic staff that brings extensive experience in outdoor recreation and a deep commitment to safe instruction. Individualized instruction is an essential element of the camps and is made possible by keeping the participant to instructor ratio low at 6 to 1 and 4 to 1 ratio for sailing schools.

No Previous Experience Needed
No previous experience is needed to participate in any of the camps unless stated. For our Aquatic Camps, each student must demonstrate that he or she is water safe by swimming a short distance using any stroke and by treading water while wearing a life jacket.

Registration Information
Call Center Activities at (707) 826-3357 to pre-register for any camp. Enrollment in camps is on a first-come, first-served basis with limited enrollment in each camp. Upon receipt of the registration form, Center Activities will mail a confirmation letter with detailed information on the specific camp including personal items and equipment needed, itinerary and other pertinent information. Center Activities will also include a medical history form that needs to be completed prior to camp. All registration forms must be completed before the camp begins.

What the Program Fee Includes
Camps run up to five days, with a variety of options to choose from. Each camp features a variety of aquatic and land-based activities, with most offering at least one night overnight camp out per session. All camp program fees include basic equipment for activities, daily snacks, and instructional camp staff. Our outdoor camps additionally include transportation to and from to the Recreation & Wellness Center on the HSU campus (unless otherwise noted), and food for overnight trips, beginning with the first evening’s dinner.

Special Camp Discount
Most of our camps offer a discount for multiple family members registering in one camp, or for a participant registering in more than one camp. Please refer to the individual camp descriptions for more information. Due to the already low enrollment cost, this discount excludes the Teen Strength and Conditioning camp.

Extended Care Option
This summer in order to support the needs of families with tight schedules we are offering an extended care option for our youth camps. Parents can check their child in as early as 8:00 AM and pick up as late as 5:00 PM for just $25 for the whole camp. Let us know at the time of registration.

About Camp Staff
All camp staff hold a minimum of First Aid and CPR, and Aquatic Camp Staff are certified in Lifeguarding. Camp staff may also have Wilderness First Responder/First Aid and/or EMT training. All camp staff participates in an annual staff training before the start of camp to refine their skills and to prepare for the summer’s activities.

What Campers Should Bring
Campers will need to provide personal equipment such as their daily lunch, and personal clothing that is appropriate for the day’s activities. A detailed list of what will be provided by Center Activities and what will be needed by participants will be included as part of the registration packet. Any personal camping equipment such as sleeping bag, tent, or tarp may be rented through Center Activities and must be reserved before the first day of camp if the camper does not have their own.

Scholarship Fund
With the generous support of local agencies such as the Humboldt Area Foundation, Humboldt Sponsors and the California State Parks Division of Boating & Waterways, we are able to offer qualified low-income youth an opportunity to participate at a reduced fee. Scholarships are based on a sliding scale with applications reviewed on an individual basis. Contact Center Activities for additional information and a scholarship application. Scholarships are awarded based on financial & family needs, camp space availability.
**Youth Camps**

### Humboldt Bay Aquatics Center's Kids Camp
**July 11-15 or July 25-29**
Get ready for an exciting aquatic adventure for your children. Each day campers get out on the water on kayaks, canoes and stand up paddle boards to learn safe paddling skills as well as a respect for the wonderful marine environment that we have in the Humboldt Bay. In addition to aquatic skills campers gain knowledge in topics such as boating and water safety, tides, weather, and team building. Land games and crafts will be integrated into each day at the Humboldt Bay Aquatic Center where the camp meets.

**Program fee:** $300

**Program fee includes:** All paddling equipment, wetsuits, paddling jackets, and a healthy snack each day

**Program hours:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 9 – 12 years old (must be 9 before the first day of camp)

**Note:** Extended care is available from 8:00 AM – 9:00 AM and 4:00 PM - 5:00 PM at an additional $25 fee

### Youth Climbing Program
**July 5 - 8 & July 9 or August 2-5 and August 6**
Learn essential climbing skills in a fun, challenging and supportive environment. Instructors teach climbing technique, safety checks, knot tying, belaying and clear communication. Our days will include team building challenges and games to help build climbing skill and knowledge, agility, self-esteem, responsibility and confidence. An optional outdoor climbing day can be added on the Saturday following camp.

**Program Fee:** $130 for Tues-Fri + $35 for the optional Saturday outdoor climbing day at Moonstone Beach.

**Day & Time:**
Session I: Tuesday - Friday • 9 AM - 12 PM • 6-9 years old
1 PM - 4 PM • 10-13 years old

Session II: Tuesday - Friday • 9 AM - 12 PM • 10-13 years old
1 PM - 4 PM • 6-9 years old

Saturdays 10 AM - 2 PM • 6-13 years old

**Location:** Student Recreation Center • HSU

### Beginning Junior Sailing Camp
**June 27 - July 1**
In this program, campers harness the power of the wind and smiles as they learn to sail on Humboldt Bay! This program partners with the Humboldt Yacht Club to teach campers the basic skills necessary to sail small craft boats. Campers learn boat rigging, points of sail, capsize recovery, boat handling skills, water safety, situational awareness, and more on lasers and pico sailboats. With an on-site motorized safety boat and a low student to instructor ratio of 4-1 this camp is sure to provide essential sailing skills learned in the beginning Junior Sailing Camp. Campers will be introduced to a larger boat, the Coronado 15, to further challenge their skills. Other topics include just for fun sail races, technical skills, seamanship, and navigational guidelines. In order to maintain a safe learning environment, an on-site motorized safety boat will always be present as well as a low 4-1 instructor ratio.

**Program fee:** $300

**Program fee includes:** All sailing equipment, wetsuits, paddling jackets, and a healthy snack each day

**Day & Time:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 10 – 13 years old (must be 10 before the first day of camp)

### Intermediate Junior Sailing Camp
**July 18 – 22**
This program is developed for junior sailors looking to challenge their skills and put their sailing knowledge to the test. Instructors will build on essential sailing skills learned in the beginning Junior Sailing Camp. Campers will be introduced to a larger boat, the Coronado 15, to further challenge their skills. Other topics include just for fun sail races, technical skills, seamanship, and navigational guidelines. In order to maintain a safe learning environment, an on-site motorized safety boat will always be present as well as a low 4-1 instructor ratio.

**Program fee:** $300

**Program fee includes:** All sailing equipment, wetsuits, paddling jackets, and a healthy snack each day

**Day & Time:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 10 – 14 years old (must be 10 before the first day of camp)

**Note:** Extended care is available from 8:00 AM – 9:00 AM and 4:00 PM - 5:00 PM at an additional $25 fee

### Youth Aquatics & Adventure Camp
**July 11 – 15 or August 1 – 5**
Get ready for one of the most well-known summer camps in Humboldt County! This camp offers a variety of aquatic and adventure skills for campers of all skill levels. Campers can look forward to many exciting activities, including rock climbing, flatwater kayaking, canoeing, surfing, stand up paddling and sailing! The caring and supportive staff also teach water safety, environmental education and promote positive group development all within a fun atmosphere.

**Program fee:** $310

**Program fee includes:** Camp staff, transportation, aquatic equipment, daily snacks and food for the camp out beginning with Thursday's dinner.

**Day & Time:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 10 – 14 years old (must be 10 before the first day of camp)

**Note:** Extended care is available from 8:00 AM – 9:00 AM and 4:00 PM - 5:00 PM at an additional $25 fee

### Surf Adventure Camp
**July 25 – 28**
Surf’s up for a popular favorite geared toward both new and veteran campers. Participants will enjoy both group and individual surf instruction on their choice of surfboard or body board. Also offered during this four day camp are ocean safety and awareness, as well as positive group bonding while building confidence and coordination. This camp is ideal for both the experienced and beginners alike. This camp includes a camp out near Crescent City on Wednesday night.

**Program fee:** $215

**Program fee includes:** Camp staff, transportation, all surfing gear, daily snacks and food for the camp out beginning with Wednesday's dinner.

**Day & Time:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 9 – 16 years old (must be 9 by first day of camp)

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**Program fee:** $310

**Program fee includes:** Camp staff, transportation, aquatic equipment, daily snacks and food for the camp out beginning with Thursday's dinner.

**Day & Time:** Monday - Friday • 9:00 AM – 4:00 PM

**Age limit:** 10 – 14 years old (must be 10 before the first day of camp)

**Note:** Extended care is available from 8:00 AM – 9:00 AM and 4:00 PM - 5:00 PM at an additional $25 fee
<table>
<thead>
<tr>
<th>Youth Camps Calendar</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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</table>
| **Humboldt Bay Aquatic Center’s Kids Camp**  
*July 11-15*  
*July 25-29* | Campers will be introduced to kayaks, canoes, and stand up paddle boards while paddling for fun and practice on Humboldt Bay. | Super wet day! Campers practice different rescue techniques, learn weather & safety topics all while playing games. | Paddle & play while learning about the local marine life such as Harbor Seals, shore birds and marine invertebrates. | Morning activities include land games and skill building exercises. Families are invited to join us for an afternoon paddle with their camper. |
| **SRC Youth Climbing Camp**  
*July 5-8 and July 9*  
*August 2-5 and August 6* | We’re off on Monday but join us for a family day of climbing at Moonstone Beach on Saturday. | Learn the fundamentals needed to climb indoors: fitting the harness, tying the figure 8 knot and general safety. | Discover your comfort zone for climbing and learn how to follow routes on a rock wall. | Put what you’ve learned together and climb, climb, climb!!! Ages 10 and older will work on more advanced skills such as proper belaying and rappelling technique. |
| **Jr. Sailing Camp**  
*Beginning:* *June 27-July 1*  
*Intermediate:* *July 18-22* | Get introduced to sailing basics such as water safety, boat parts, rigging, and points of sail. | Practice sailing while building in knowledge of wind conditions, tides, and knots. | Learn rescue skills such as capsize recovery and man overboard rescues while improving sailing maneuvering. | Final day of “Yar!” with sailing games and races. |
| **Youth Aquatics & Adventure Camp**  
*July 11-15*  
*August 1-5* | Enjoy games and rock climbing at the Student Recreation Center. | Catch a wave at Moonstone Beach on a surfboard or bodyboard, or harness the wind on Big Lagoon in a sailboat! | Catch a wave at Moonstone Beach on a surfboard or bodyboard, or harness the wind on Big Lagoon in a sailboat! | Camp out at Big Lagoon! Spend the day practicing your skills followed by a cozy evening around the campfire roasting marshmallows.  
Morning activities include a relay race or treasure hunt. Families are invited to join us for an afternoon BBQ followed by an aquatic free time for all! |
| **Surf Adventure Camp**  
*July 25-28* | Surf or bodyboard at Moonstone Beach. Basic surfing concepts will be introduced. | Surf or bodyboard at Moonstone Beach. Participants will be introduced to basic ocean awareness as well as additional surfing techniques. | Campers refine their surfing skills in Crescent City followed by a campout, hiking, and swimming in designated areas at Jedidiah Smith State Park. | Participants enjoy one final day of surfing in Crescent City before heading home. |

For camp descriptions and age limits, please turn to page 5.
Teen Strength & Conditioning Program
June 20 - July 15 or July 18 - August 12
Open to all teen athletes, this program includes exclusive, individualized training in the areas of plyometrics, speed development, strength development, power development, agility, Olympic lifting and flexibility.
Program Fee: $100
Day & Time: Two training sessions available each day: either 1 PM - 3 PM or 5 PM - 7 PM • Monday - Thursday
Location: Student Recreation Center, HSU

Teen Counselor in Training Program
June 26 – 29
This program is a great option for teens of all skills and backgrounds who want to have fun while building leadership skills and gaining job experience. The teen counselor in training (CIT) program will introduce participants to group facilitation and management, leadership techniques and team building skills. Participants will learn to assist in the instruction of aquatic activities offered through this summer’s youth aquatics and kids camps in a fun and supportive environment. Returning CIT’s will take a leadership role by assisting in lessons and activities. CIT’s will be trained in and have the opportunity for certification in a first aid and CPR course at the beginning of the program, held on Sunday. Activities include surfing, sailing, sea kayaking, and stand up paddle boarding with a camp out Tuesday night at Big Lagoon. Upon completion, campers will have the opportunity to be CIT’s for following youth camps. Hardworking and successful CIT candidates are more likely to be placed in camps of their choosing.
Program fee: $310
Program fee includes: Camp staff, transportation, aquatic equipment, Red Cross CPR and first aid certifications fees, daily snacks and food for the campout starting with Tuesday’s dinner.
Days & Times: Sunday – Wednesday • 9:00 AM – 4:00 PM
Age limit: 14 – 17 years old
Note: Extended care is available from 8:00 AM – 9:00 AM and 4:00 PM - 5:00 PM at an additional $25 fee

Surf Adventure Camp
July 25 – 28
Surf’s up for a popular favorite geared toward both new and veteran campers. Participants will enjoy both group and individual surf instruction on their choice of surfboard or body board. Also offered during this four day camp are ocean safety and awareness, as well as positive group bonding while building confidence and coordination. This camp is ideal for both the experienced and beginners alike. This camp includes a camp out near Crescent City on Wednesday night.
Program fee: $215
Program fee includes: Camp staff, transportation, all surfing gear, daily snacks and food for the camp out beginning with Wednesday’s dinner.
Day & Time: Monday - Friday • 9:00 AM – 4:00 PM
Age limit: 9 – 16 years old (must be 9 by first day of camp)
Note: Pay regular price for one camp and get: $20 off camp fees for an additional child from the same family OR $20 off an additional week of camp for the same child
# Teen Programs Calendar

<table>
<thead>
<tr>
<th>SRC Teen Strength &amp; Conditioning Program</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tr>
<td>June 20-July 15</td>
<td>Start the week off with a challenging lower body workout including Olympic lifts, squats and dead lifts, followed by speed training and a game of ultimate football.</td>
<td>Upper body workout including Olympic lifts, bench press variations, and pulling movements. Work on change of direction training followed by sports conditioning.</td>
<td>A lower body volume workout with speed agility and plyometric training followed by speed ladder challenges.</td>
<td>Circuit challenge! Including tire flips, battle ropes, sled pulls, hurdle jumps and more!</td>
<td>Optional Workout Day.</td>
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<td>July 18-August 12</td>
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<td><strong>Teen Counselor in Training Program</strong></td>
<td><strong>On Sunday, get acquainted and trained in CPR and First Aid. On Monday, head to the Humboldt Bay Aquatic Center for lessons on tides and kayaking.</strong></td>
<td><strong>Pack up and head out to Big Lagoon for the campout. Learn sailing, canoeing, and stand up paddle boarding and practice teaching these skills to fellow CIT’s.</strong></td>
<td><strong>Finish out the training with a morning paddle while discussing lessons learned and adventures had. Return from Big Lagoon and receive final feedback from Instructors.</strong></td>
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<td>June 26 - 29</td>
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Events

Family Fun Weekend
June 19, July 3
Get your family together and get out on Humboldt Bay. Our aquatic staff will outfit you with an appropriate craft, give a brief paddle and safety talk, as well as introduce you to the boats. Then your family can launch off the dock to lead your own adventure.

Program fee: $20 per Adult - Children are free - limit 2 per adult ages 6 - 17
Program fee includes: Boat, gear, paddle, pfd and safety talk
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: Drop in only from 10:00 AM - 4:00 PM

4th of July Fireworks Paddle
July 4
Watch the fireworks display as it bursts in colorful magnificence above you from a kayak or canoe on the Humboldt Bay waterfront. Get an epic view and patriotic memory to last a lifetime. Clear skies not guaranteed.

Program fee: $35 HSU Students - $45 All Others
Program fee includes: Paddling equipment, all safety gear and paddling guide
Time: 7:30 -11:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 30
Sea Kayaking

Introduction to Sea Kayaking – On Land
June 8
This two-hour on-land session will focus on the anatomy of boats, proper outfitting, gear and everything else you need to know before you get your toes wet. This is a great way to feel more comfortable and confident about the sport before your first kayaking lesson.
Program fee: Free
Day & Time: Wednesday • 6:00 - 7:45 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 2

Beginning Sea Kayaking
June 11, July 30
The Aquatic Center’s professional team will cover basic equipment, boat handling, forward, reverse and turning paddle strokes, as well as water safety considerations. Learn more about tides, currents and weather conditions that will assist you in becoming a competent and safe sea kayaker.
Program fee: $40 HSU Students • $50 All Others
Program fee includes: 4 hour session, instruction and gear
Day & Time: Saturday • 10:30 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 9

Intermediate Sea Kayaking
June 25
Intermediate sea kayaking will introduce intermediate boat handling skills, paddling strokes, bracing, rudder strokes and how to link strokes for smooth transitions. You will be introduced to wet exits, assisted rescues and self-rescues, as well as towing, tides and weather conditions. Progress your paddling skills in a fun and safe environment. Students may participate at whatever level they feel comfortable.
Program fee: $40 HSU Students • $50 All Others
Program fee includes: 4 hour session, instruction and gear
Day & Time: Saturday • 10:30 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 23

Sea Kayak Rescue & Safety
August 13
This course focuses on rescue and safety skills that no paddler should be without. Our instructors cover assisted and unassisted rescues, wet exit, paddle float re-entry, rodeo re-entry, T-rescues, towing, tides, and weather conditions. Progress your paddling skills in a fun and safe environment! Students may participate at whatever level they feel comfortable.
Program fee: $35 HSU Students • $45 All Others
Program fee includes: 3 hour session, instruction, and gear
Day & Time: Saturday • 11:00 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: August 11

Sunset-Moonrise Paddle
June 19, July 16, or August 19
Come join us for this popular evening paddle and catch a peek of the evening skies from Humboldt Bay. We will provide a choice of kayaks, warm gear and experienced guides to facilitate a memorable adventure of the nocturnal wildlife on the bay. Warm up after the paddle with a delicious cup of hot chocolate.
Program fee: $30 HSU Students • $40 All Others
Program fee includes: 2.5 hour excursion, instruction, safety lights & gear
Day & Time: 6/19 Sunday 7 PM • 7/16 Saturday 7 PM • 8/19 Friday 7 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 16 • July 14 • August 17

Introduction to Kayak Rolling
June 12 & July 24
This course will initially concentrate on learning improved bracing, and from there progress to combat roll instruction. A combination of individual instruction and practice time at the Arcata Community Pool will give every kayaker the opportunity to develop their roll. If one of these dates doesn’t work with your schedule please contact us about private kayak roll instruction.
Program fee: $25 HSU students • $35 All Others
Program fee includes: instruction and equipment
Day & Time: Sunday • 4:30 PM - 6:30 PM
Location: Arcata Community Pool
Registration deadline: tbd

Private Sea Kayak Instruction
By appointment only
Are you looking to develop your kayaking skills and want an experienced instructor who can meet you where you are at in your progression? Our friendly and professional instructors can assist you in meeting your goals and introduce new techniques to prepare you to become a safe paddler able to go out on your own expeditions. This is also a great way to discover local paddling areas!
E-mail hbac.aquatics@gmail.com for more details.
Program fee: $60 • $20 per extra person • max 4 participants
Program fee includes: 3 hours of instruction, boats, and all soft gear like wetsuits, pfd, etc.
Day & Time: By appointment only
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
*additional fee's for off-site destinations
All About Sailing – On Land
June 15
This free two-hour on-land session will focus on the anatomy of boats, navigation, knots and everything else you need to know before you get your toes wet. This is a great way to feel more comfortable and confident about the sport before your first sailing lesson.

Program fee: Free
Program fee includes: 2 hours of instruction and a demonstration
Day & Time: Wednesday • 6:00 - 8:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 13

All About Sailing – On Water
June 25
Experience sailing with a personalized sailing instructor, and learn how to sail and get comfortable with sailing lingo, wind orientation, water safety, rigging, boating basics and derigging. Enjoy the wind beneath your wings in a Coronado 15, and soak up the beauty of Humboldt Bay while learning to sail.

Program fee: $35 HSU Students • $45 All Others
Program fee includes: 3 hours of instruction, demonstration and gear
Day & Time: Saturday • 3:00 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: June 23

Introduction to Sailing
July 9-10
Join Center Activities for two full exhilarating days at Big Lagoon and learn to harness the wind on two of the world's most popular and versatile sail boats. We will utilize the olympic class lasers as well as the fun and user-friendly pico boats that are ideal for entry-level sailing. Each participant will steer and control their own boat. Skills will include rigging, sailing theory, boat maneuvering, launching and capsize recovery.

Program fee: $140 HSU Students • $155 All Others
Program fee includes: Instruction, sailboat and equipment, lifejacket and wetsuit. Transportation will be by carpool. Camping at big lagoon is optional.
Mandatory pre-trip meeting: Thursday • July 7
Registration deadline: Wednesday • July 6

Rig & Rent
By appointment only
Have you ever dreamed about renting one of our many small sailing crafts to sail at one of our amazing local destinations? Well now is your chance. The Humboldt Bay Aquatic Center is now offering an on-land rig and rent program where you can come by and display your rigging competency on one of our lasers, pico's or Coronado 15's. After this two-hour rigging and skill assessment you are able to rent one of our sail boats for your getaway to one of the lagoons or perhaps Ruth Lake. Previous experience required. E-mail hbac.aquatics@gmail.com for more details.

Program fee: $30
Program fee includes: Skill assessment and gear
Day & Time: by appointment only
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)

Private Sailing Instruction
By appointment only
Sailing is one of the more complex skills to develop and private instruction is a great way to learn, starting from the skill level you are at. Our experienced instructors can assist you in meeting your goals of rigging, maneuvering, and learning all of the important safety aspects of sailing a small craft. E-mail hbac.aquatics@gmail.com for more details.

Program fee: $195 • $40 per extra person • max 3 participants
Program fee includes: 435 hours of instruction, boats, and all soft gear like wetsuits, pfd, etc.
Day & Time: By appointment only
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
*additional fee's for off-site destinations
Learn to Stand Up Paddleboard (SUP)
July 9
Join the growing world of stand up paddling – it’s easy and fun! This course is designed to introduce the sport of stand up paddle boarding in a calm, enjoyable, flat water setting. Instructors cover equipment, board handling, proper body mechanics, paddle strokes, maneuvering and water safety.
Program fee: $25 HSU Students • $30 All Others
Program fee includes: 2 hour session, instruction and gear
Day & Time: Saturday • 3:30 PM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)
Registration deadline: July 7

Stand Up Paddleboard (SUP) Fitness
July 10, July 17, July 24, July 31, August 7, or August 14
Receive all of the benefits of cardio, core and balance training while you escape the walls of the gym for the fresh air of Humboldt Bay. This weekly morning SUP will take you on a progression of fitness and help you reach your goals in a supportive and challenging class.
Program fee: drop in only • $10 HSU Students • $12 All Others
Program fee includes: 75 minute session, instruction and gear
Day & Time: Sundays 9:30-10:45 AM
Location: Humboldt Bay Aquatic Center (921 Waterfront Dr., Eureka)

Humboldt Bay Stand Up Paddle Tour
August 13
Explore the magic of the bay from a stand up paddleboard and meander through the various water trails to view the amazing wildlife up close and personal. The scenery is breathtaking, the paddle is invigorating, and the fun is endless.
Program fee: $30 HSU Students • $40 All Others
Program fee includes: 2.5 hour of stand up paddling, instruction and gear
Day & Time: Saturday • 1:00 PM
Location: Humboldt Bay Aquatic Center

Outrigger Play Day
August 7th
Come join us for an exciting ride on Humboldt Bay in our very own Outrigger Canoe. Learn about paddling techniques, vessel components, and boat handling.
Program Fee: $25 HSU Students • $30 All Others
Program Fee Includes: 1.5 hour paddle, instruction, and gear
Day & Time: Sunday • 11:00 AM
Location: Humboldt Bay Aquatic Center

Outrigger Canoe

Backpacking the Marble Mountains
July 8 - 10
Our local wilderness areas are beautiful and the marble mountains are no exception. One of California’s oldest formally designated wilderness areas, it is known for its namesake, Marble Mountain, an outstanding limestone feature. This program is designed to accommodate beginner to experienced backpackers. The trip will provide you with all of the basic information for safe backcountry travel. The specific trailhead and destination will be determined at the pre-trip meeting.
Program fee: $80 HSU Students • $95 All Others
Program fee includes: instruction, camping/permit fees, and instructional materials. Transportation will be by carpool.
Location: The Marble Mountains
Trip departure: Friday Evening • Time decided at the pre-trip.
Mandatory pre-trip meeting: Wednesday • July 6
Registration deadline: Tuesday • July 5
Topics include: Gear, clothing, food, packing and backpacking basics

Whitewater Raft & Paddle
July 17
Hop into a raft or inflatable kayak and join us for a day of adventure on the scenic Trinity River. Explore exciting whitewater intermixed with serene, relaxing sections ideal for swimming and wildlife viewing. The section of river we choose will be dependent on river flows and conditions.
Program fee: $75 HSU Students • $90 All Others
Program fee includes: Guides, river equipment, permit fee & w transportation
Trip departure: 8:30 AM • At the J Parking Lot on the HSU Campus
Registration deadline: Wednesday • July 13

Getaway Adventures
Leisure Activities

Wilderness First Responder with Wilderness Medicine Institute of NOLS
May 18–27
This challenging 80 hour course is designed to provide outdoor leaders, instructors, guides, rangers and travelers with the knowledge needed to deal with emergencies in remote settings. This class meets national standards for urban and extended care situations and is recognized by many agencies, schools and institutions. All levels of previous training are welcome. Successful course completion earns you a WMI Adult & Child CPR certification and a WMI Wilderness First Responder certification. EMTs will earn a Wilderness EMT certification. All certifications are current for two years. Please note that the registration deadline is well in advance of the course. Please visit the Wilderness Medicine Institute and NOLS website for more information about courses.

Program Fee: $610 HSU Students • $665 All Others
Program Fee Includes: Instruction, all course materials including books and handouts, and all certification costs.
Day & Time: See WMI website for course schedule
Location: HSU Campus • Nelson Hall East 102 • Goodwin Forum
Notes: You will be required to pay a 50% deposit to secure a space in the class
Registration Deadline: December 4 • Unless spaces are not filled

Introduction to Archery
June 23, July 21
This class is designed to introduce archery through the hands-on application of using a bow and arrow. You will learn the fundamentals of archery as well as the proper care and use of archery equipment.

Program Fee: $30 HSU Student • $35 All Others
Days & Times: Thursday • 9:00 AM – 12:00 PM
Location: Recreation & Wellness Center Room 124 & Indoor Fieldhouse
Registration deadline: The Friday before the class.
Note: Participants will need to bring $5 on the day of the class to pay for equipment rentals.

First Time Home Buyer’s Seminar
May 23, 25, 30, and June 1
Learn all you need to know to buy your first home: Finding it, financing, inspections, disclosures, negotiations, contracts, taxes, and more.

Program fee: $15 HSU Students • $20 All Others
Days & Times: Mondays and Wednesdays • 6:00 - 8:00 PM
Location: Science Building A Room 564

Einstein’s Theory of Special Relativity Simply Explained
May 24, 26, 31 and June 2
Einstein revolutionized physics with Relativity. He showed how absolute space and time don’t exist, that mass and energy are two sides of the same coin and that gravity is not a spooky force acting at a distance. Not to mention E=mc squared. Here’s something to think about: If you push a book across the table, it moves across the table. If you stop pushing, it stops moving across the table. Why? Can you feel any difference in a plane at constant velocity or one at rest? How fast are you moving right now? Understanding these questions is the first step to understanding Relativity.

Program fee: $15 HSU Students • $20 All Others
Days & Times: Tuesdays and Thursdays • 6:00-8:00 PM
Location: Science Building A Room 564

Basic Life Support for the Healthcare Provider (BLS)
June 4, July 9
This course provides first responders and healthcare providers the requisite knowledge and skills to respond to patients who are experiencing respiratory arrest, cardiac arrest and/or airway obstruction. BLS course contents include how to check both a conscious and unconscious patient, how to care for an obstructed airway, providing high-quality chest compressions as well as effective ventilations to a patient experiencing a cardiac arrest and/or respiratory arrest, including using a pocket mask, bag-valve-mask (BVM) resuscitator, and an automated external defibrillator (AED). Upon successful completion of this course, the participant receives a certificate in Basic Life Support for the Health Care Provider from the American Red Cross.

Program Fee: $70 HSU Students • $85 All Others
Days & Times: Saturday • 9:00 AM - 2:30 PM
Location: Recreation & Wellness Center Lounge
Notes: Participants should be notified to bring snacks as there will be limited breaks throughout the course. Participants are highly encouraged to bring a digital form of the manual.

First Aid with Adult CPR/AED
June 11
Learn to care for breathing and cardiac emergencies for adults including the use of Automated External Defibrillators (AED), and how to deal with sudden illnesses, wounds, and injuries to muscles, bones, and joints. Upon successful completion, participant will receive a First Aid with Adult CPR/AED certification from the American Red Cross.

Program Fee: $65 HSU Students • $80 All Others
Days & Times: Saturday • 9:00 AM - 2:00 PM
Location: Recreation & Wellness Center
Notes: Participants should bring snacks as there are limited breaks in this class. Participants are highly encouraged to bring a digital form of the book.

Adult and Pediatric CPR/AED
June 18
Learn to recognize an emergency, prevent disease transmission, and care for breathing and cardiac emergencies including the use of Automated and External Defibrillators (AED) for adults, children and infants. Upon successful completion, participant will receive and Adult and Pediatric CPR/AED certification from the American Red Cross.

Program Fee: $65 HSU Students • $80 All Others
Days & Times: Saturday • 9:00 AM - 12:15 PM
Location: Recreation & Wellness Center
Notes: Participants are encouraged to bring snacks as there are limited breaks during this course. Participants are highly encouraged to bring a digital form of the book.

Isshinryu Karate
June 6 - July 27
Beginners are welcomed! Isshinryu Karate is a classical style of Okinawan Karate. Participants learn basic, forms (kata), sparring techniques and a direct, effective form of self-defense. Robert Sherman, eight degree black belt and chief instructor, has taught Isshinryu Karate concurrently at HSU since 1979. This class is taught to all levels and students may earn rank in Isshinryu Karate. Several students have earned the rank of black belt throughout the 36 years of instruction.

Program Fee: $40 HSU Students • $45 All Others
Days & Times: Mondays and Wednesdays • 7:00-9:00 PM
Location: Recreation & Wellness Center 126
Registration deadline: Registration can be done through Humboldt State Center Activities or at the class.
# RENTAL GEAR

All rental items require a deposit. Advance reservations require full payment at the time of the reservation.

## CAMPING & BACKPACKING GEAR

### TENTS & TARPS

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<td>One Person Tent - MSR Hubba, Sierra Design Lightning XT</td>
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### SLEEPING BAGS & PADS

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<td>0-10 Sleeping Bag</td>
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<td>Ensolite Pad - Closed Cellfoam</td>
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### BACKPACKS

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<td>EXTERNAL FRAME PACKS (Dana Designs)</td>
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### STOVES & LANTERNS

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<td>Extra Fuel Cartridge</td>
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<td>Two-Burner Stove Primus</td>
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<td>Two-Mantle Lantern Coleman</td>
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### MISCELLANEOUS

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<td>Backpacking Water Filter</td>
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<td>Bear Cannister</td>
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<td>ICE CHESTS / COOLER</td>
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<td>Drink Cooler</td>
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<td>Volleyball Court and Ball - Complete Portable System</td>
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### ROCK CLIMBING GEAR

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<td>Rock Climbing Shoes</td>
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### AQUATIC RENTALS

#### WETSUITS & LIFEJACKETS

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<td>4/3 Mil Youth Wetsuit</td>
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<td>Farmer John Style or Wetsuit Jackets</td>
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<td>Wet Suit Bootsies</td>
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<td>Personal Floatation Devices (PFD)</td>
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### CANOES

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<td>Canoe Package (Includes Canoe, 2 Paddles and 2 PFDS)</td>
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### SEA KAYAKS *

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<tr>
<td>Single Sea Kayak Package (Includes Sit-in* or Sit-on-top Kayak, Paddle, Paddle Float, PFD)</td>
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<td>$40.00</td>
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<tr>
<td>Double Sea Kayak Package (Includes Sit-in* or Sit-on-top Kayak, 2 Paddles, 2 Paddle Floats, 2 PFDS)</td>
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<tr>
<td>Foam Vehicle Roof Rack (Canoe or Kayak)</td>
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### RIVER KAYAKS *

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<td>River Kayak Package (Includes River Kayak, Paddle, Spray Skirt, Helmet and PFD)</td>
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<td>Paddle (Kayak, Canoe, SUP)</td>
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<tr>
<td>Sailboat Package (Includes Laser or Pico Boat, Helmets, PFDS) Special Conditions Apply</td>
<td>$50.00</td>
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<td>Sailboat Trailer (Need to Have 1 7/8&quot; Trailer Ball, Flat Four Wiring)</td>
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</table>

### SURFBOARDS *

<table>
<thead>
<tr>
<th></th>
<th>HSU</th>
<th>OTHER</th>
<th>HSU</th>
<th>OTHER</th>
<th>HSU</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surftech Softboards *</td>
<td>$20.00</td>
<td>$25.00</td>
<td>$25.00</td>
<td>$30.00</td>
<td>$50.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>Boogie Boards*</td>
<td>$10.00</td>
<td>$15.00</td>
<td>$15.00</td>
<td>$20.00</td>
<td>$25.00</td>
<td>$30.00</td>
</tr>
</tbody>
</table>

### STAND UP PADDLE BOARDS

<table>
<thead>
<tr>
<th></th>
<th>HSU</th>
<th>OTHER</th>
<th>HSU</th>
<th>OTHER</th>
<th>HSU</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stand Up Paddle Boards</td>
<td>$30.00</td>
<td>$35.00</td>
<td>$40.00</td>
<td>$45.00</td>
<td>$50.00</td>
<td>$55.00</td>
</tr>
</tbody>
</table>

* All surfboard, boogie board, and boat rentals require special approval. These rentals must be made in advance during facility open hours.

14
Summer 2016 Registration Form

Space is limited and participation is on a first-come, first-served basis. Please register early to ensure your space. Registration may be possible after the deadline, space permitting. Please mail payment and registration form to:

Center Activities, HSU
1 Harpst Street, Arcata, CA 95521
or fax to (707) 826-3354.

For further information, please call (707) 826-3357 or email cntract@humboldt.edu

Please mail payment and registration form to:

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Payment Method

Please do not send cash. If using a check, you must include your license and expiration date and make payable to Center Activities.

☐ CHECK OR MONEY ORDER: License/ID#: ___/___/___/___ Exp Date: ___/___/___

☐ CREDIT CARD - Center Activities staff will contact you at the phone number you listed above for credit card information.

You agree to pay the total fees as stated above. Signature: ____________________________

For Office Use Only:

Payment Received? YES NO Form Signed? YES NO
Total Fees Paid: $ ___________ Transaction #: ___________
Given Confirmation? YES NO Staff Initial _____ Date_____

CANCELLATION AND REFUND POLICY

We reserve the right to cancel or modify any activity due to inclement weather, insufficient participation or other conditions beyond our control. In the event that Center Activities cancels an activity, all fees collected are fully refundable or transferable. Should any participants cancel a trip of their own volition, the following guidelines are applicable. Refunds will not be given outside these guidelines except in rare situations and only after the approval of the Center Activities Administrative Staff. This policy is necessary to ensure proper student/instructor ratios, the highest quality programs and to secure the lowest prices for the agencies with which we work.

No refunds or transfers/account credits will be given within seven days prior to the beginning of the activity. Refund requests more than seven days prior to an activity will be assessed a 25% or $10 fee, whichever is greater. Account credits may only be transferred one time and expire after 2 years of their accrual. There are no refunds made after the initial transfer is done. For courses that meet five or more times, a full refund will be issued if the participant withdraws prior to the second class meeting.

INITIAL __________________

List below any ALLERGIES and any special MEDICAL CONSIDERATIONS that may affect participant’s ability to participate in the activity for which you are registering. If you need more room, please attach an additional sheet. Please also list any MEDICATIONS the participant is currently taking, or will have with them during the activity, listing all pertinent details. This information is CONFIDENTIAL.

INITIAL ___________________ INITIAL ___________________
RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND AGREEMENT TO PAY CLAIMS

1. In consideration for being allowed to participate in this Activity, on behalf of myself and my next of kin, heirs and representatives, I release from all liability and promise not to sue the State of California, the Trustees of The California State University, California State University, Humboldt State University, Humboldt State University Center and their employees, officers, directors, volunteers and agents (collectively “Releasees”) from any and all claims, including claims of the Releasees negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss I may suffer because of my participation in this Activity, including travel to, from and during the Activity.

2. I am voluntarily participating in this Activity. I am aware of the risks associated with traveling to/from and participating in this Activity, which include but are not limited to physical or psychological injury; pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the Activity location(s). Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Activity, including travel to, from and during the Activity.

3. I agree to hold the University harmless from any and all claims, including attorney's fees or damage to my personal property, that may occur as a result of my participation in this Activity, including travel to, from and during the Activity. If the University incurs any of these types of expenses, I agree to reimburse the University. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

4. I hereby assume full responsibility and risk of bodily injury, death or property damage due to the negligence of Releasees or otherwise arising out of the outing, trip, class, instruction or other activity. I understand that there are certain risks and dangers that may occur, including but not limited to: the hazards of traveling in mountainous terrain; the hazards of aquatic activities; exposure to personal injury; accident or illness in remote places without medical facilities; forces of nature; and travel by air, train, boat, automobile or other conveyance.

5. I agree that while participating in this activity I agree to conform to all policies of the Center Activities Program, and to abide by all state and federal laws. I also agree to accept and follow the directions of the outing or activity leader(s) or instructor(s) and to act in a mature and responsible manner. I further agree to follow all wilderness regulations and ethics, and to adhere to any lodging or campground requirements or precepts. I agree not to leave the group unless first notifying the outing or activity leader. I understand that upon leaving the group, I waive all rights as an outing or activity participant.

6. I hereby grant permission for the performance of any emergency medical treatment that may be required in the case of an accident wherein I am rendered unconscious or unable to approve of the required medical treatment. I hereby hold harmless and agree to indemnify the Releasees from any claims, causes of actions, damages and/or liabilities arising out of or resulting from said medical treatment. In the event that I become the victim of an accident I will hold harmless from any liability or negligent actions which may arise in connection with the search and rescue, stabilization, evacuation, transportation, and emergency care I receive while secondary aid resources are being sought.

7. I hereby agree to permit University Center, Center Activities Program's employees, agents and other guests to take photographs and make film records of the trip without further recourse. I understand and agree that such photographs and/or film records may be used for commercial and/or promotional purposes.

8. I hereby agree that California law will apply to any legal actions for personal injury, property damage or death arising out of any outing, trips, classes, instructions or other activities in which I am enrolling through the University Center, Center Activities Program. I further agree that California is the proper forum in which to file any legal action arising out of any activity in which I am enrolling. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

9. I hereby acknowledge that this agreement shall be governed by and construed in accordance with California law and each party hereby irrevocably submits to the exclusive jurisdiction and service of process of the California courts. I further acknowledge that this agreement was entered into in Humboldt County, California and all legal actions arising from this agreement shall be filed in the courts of Humboldt County.

I further expressly agree that the foregoing Release of Liability, Promise not to Sue, Assumption of Risk and Agreement to Pay Claims is intended to be as broad and is inclusive as is permitted by the laws of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, continue in full legal force and effect.

I have read and voluntarily signed the Release, Waiver of Liability and Indemnity Agreement and further agree that no oral representation, statement or inducements not contained in this document have been made.

I am 18 years or older. I understand the legal consequences of signing this document, including (a) releasing the Releasees from all liability, (b) promising not to sue the Releasees, (c) and assuming all risks of participating in this Activity, including travel to, from and during the Activity.

PARTICIPANT SIGNATURE ___________________________ DATE __________

PRINTED NAME __________________________________ DATE __________

If Participant is under 18 years of age: I am the parent or legal guardian of the Participant. I understand the legal consequences of signing this document, including (a) releasing the Releasees from all liability on my and the Participant's behalf, (b) promising not to sue on my and the Participant's behalf, (c) and assuming all risks of the Participant's participation in this Activity, including travel to, from and during the Activity. I allow Participant to participate in this Activity. I understand that I am responsible for the obligations and acts of Participant as described in this document. I agree to be bound by the terms of this document.

I have read and voluntarily signed the Release, Waiver of Liability and Indemnity Agreement and further agree that no oral representation, statement or inducements not contained in this document have been made.

PARENT/GUARDIAN SIGNATURE ___________________________ PARENT/GUARDIAN PRINTED NAME ___________________________ DATE __________

MINOR'S NAME __________________________________ DATE __________
DIG IN

vegan & gluten-free friendly

NORTH COAST CO-OP

Natural Foods Grocer
811 I St. Arcata • 25 4th St. Eureka • northcoast.coop

DIG IN

bakery • sushi • espresso • beer • wine • bulk

Paddlefest
SEPTEMBER 10TH & 11TH
FOOD | MUSIC | CLINICS
CLASSES | TOURS | PRIZES | & MORE

HSU Dining Services

plenty of good eats.

Humboldt State is home to all sorts of great on-campus eateries. At the Depot, you can grab anything from a fresh-baked chocolate croissant to a grilled chicken and feta wrap. At the "J," our full-service cafeteria, you can order delicious entrees or make your own gourmet omelet for breakfast. Craving a mocha or pint of Ben and Jerry's? Try our on-campus coffee shops and mini-marts. Don't forget to stop by to check out the Library Cafe!
Visit www.humboldt.edu/dining today!
Humboldt Bay Aquatic Center

Aquatic Rentals

Kayaks | Canoes | Stand Up Paddle Boards

707-443-4222
921 Waterfront Drive, Eureka, California 95501
hbac@humboldt.edu | www.humboldt.edu/hbac