



Outdoor Recreation School

Programs available district-wide.

Call **763.694.7717** for more information.

Our **mission** is to create outdoor recreation experiences that connect, inspire, and educate for a lifetime of play in the natural world.

The Outdoor Recreation School has no boundaries! We welcome participants of all backgrounds and abilities. Instructors travel throughout the park district to deliver hands-on outdoor adventure programming. We work with a diverse range of groups including schools, youth agencies, clubs, businesses, adults, and families. Our programs are customized for each group, can include multiple activities, and can be adapted to meet the needs of each individual.



Scholarships may be available to eligible groups. Inquire for more information.

Program Offerings for Spring/Summer/Fall

- Adapted Recreation
- Archery
- Camping Skills
- Canoeing
- Climbing Wall
- Disc Golf
- Fishing
- Fly Fishing
- Geocaching
- Historical Games
- Kayaking
- Log Rolling
- Maple Syruping (March only)
- Navigation Skills
- Nordic Walking
- Outdoor Survival Skills
- Projectiles of the Past
- Stand-up Paddleboarding (SUP)
- Slacklining
- Teambuilding

Volunteer opportunities available!

www.threeriversparks.org
Stay up-to-date with Outdoor Recreation School happenings!
Follow us at [facebook.com/ThreeRiversORS](https://www.facebook.com/ThreeRiversORS)
[@OutdooRecSchool](https://www.instagram.com/OutdooRecSchool) on Instagram

Spring/Summer/Fall Program Descriptions

Contact us for details about specific programs.



Adapted Recreation – All of our programs can be adapted to accommodate varying abilities. Some of our specialized equipment includes adapted paddle equipment, archery equipment, adapted mountain bikes, and a mobi-mat to help wheelchairs across various terrains.

Archery – Using NASP (National Archery in the Schools Program) instruction, we will guide you in learning to safely shoot a compound bow. Safety, history, and proper shooting techniques will be covered.

Camping Skills - Learn tips and tricks for safe, enjoyable, low-impact camping. Practice Leave No Trace ethics, select a site, set up a tent, and arrange a safe and smart camp. Make a one-pot meal or a tasty treat over the campfire.

Canoeing – Learn water safety, proper paddle techniques, and boat control. Practice your skills while exploring our lakes. Instruction in rescue techniques and trip planning is available.

Climbing Wall – Get an introduction to rock climbing on our 25-foot tall portable climbing wall.

Disc Golf – Learn to play the game of disc golf, including rules, etiquette, equipment, and putting and distance throwing techniques. You don't need to be a Frisbee player to enjoy the satisfaction of rattling the chains when you hit the basket.

Fishing – Learn basic fishing techniques, bait selection/baiting a hook, types of Minnesota fish, and how to safely take a fish off your hook.

Fly Fishing – Uncover the art and beauty of fly fishing. Learn equipment selection, casting techniques, fly selection, where fish feed, and local fishing holes.

Geocaching – Learn the basics of Global Positioning System (GPS) technology. Master the buttons and functions of GPS units, then head outside to hunt for hidden treasures.

Historical Games – Learn traditional games passed along as fun ways to sharpen the senses, stay strong, and build community. Games may include some played by Settlers and American Indians.

Kayaking – Learn kayaking basics from qualified instructors. Lessons include water safety, proper paddle techniques, and boat control. Instruction in rescue techniques and trip planning is available. Both adult and youth-size kayaks are available.

Log Rolling – Try out this exciting sport rooted in Minnesota's logging history. Log rolling is both safe and fun. Learning to stay on the log improves balance, agility, concentration, and core strength.

Maple Syruping – Tap a tree, collect sap, and boil it over a wood-burning stove to make and enjoy real maple syrup. Sample a true taste of spring. Only offered in March.

Navigation Skills – Learn how to use a map, compass, and the clues around you to navigate in the outdoors. Practice your skills while navigating through the park.

Nordic Walking – Use Nordic walking poles to increase your heart rate and burn calories while decreasing the impact on your joints. Hike through the park for a full-body workout.

Outdoor Survival Skills - Learn the importance of basic needs like shelter, warmth, and water as tools for surviving in the outdoors. Shelter and fire techniques are the focus using available natural resources and simple tools.

Projectiles of the Past - Explore the development of hunting tools throughout history. Try rabbit sticks, atlatls, hatchets, and other projectiles from the past.

Stand-up Paddleboarding – Explore our lakes while getting an invigorating full body workout. Class covers safety, strokes, and board control.

Slacklining – Build your confidence as you learn to walk on a narrow, flexible piece of webbing set low to the ground. Great for improving core strength, balance, and concentration.

Teambuilding – Highlight the importance of teams in small group challenges that facilitate team dynamics and community building. The goal is to effectively and efficiently work through challenges as a group. Teams progress based on their ability to collaborate and problem

Volunteer Opportunities

Program Assistant Volunteers are needed to support staff during outdoor programs and events. If you enjoy working with people and being outdoors we've got opportunities for you. Training is also available.

Contact Heather Gordon at 763.694.2052 or heather.gordon@ThreeRiversParks.org.