

Outdoor Recreation School

Programs available district-wide.

Call **763.694.7717** for more information.

Our **mission** is to teach recreational activities that promote and enhance active outdoor lifestyles and foster a greater appreciation for the natural environment.

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 Mountain Biking & Paddling
- Archery
- Camping Skills & Outdoor Cooking
- Canoeing
- Climbing Wall
- Disc Golf
- Fishing
- Fly Fishing
- Geocaching
- Historical Skills
- Kayaking
- Log Rolling
- Maple Syruping
- Nordic Walking
- Navigation Skills
- Outdoor Survival Skills
- Stand-up Paddleboard (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)

Spring/Summer/Fall Program Descriptions

Contact us for details about specific programs.



Adapted Mountain Biking & Paddling – All of our programs can be adapted to accommodate varying abilities. Some of our specialized equipment includes adapted paddle 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 how to safely shoot a compound bow. Safety, history, and proper shooting techniques will be covered.

Camping Skills & Outdoor Cooking - Design your campsite for maximum comfort and minimum impact on the environment. Practice Leave No Trace ethics, select a site, set up a tent, and arrange for 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 the sport of 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 several 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, proper casting, 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. You will 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 Skills– Learn and play traditional games. Try atlatls and other projectiles from the past. Understand the connections between recreation of today and skillsets from the past.

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.

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.

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.

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-solve.

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.