

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 Winter

- Adapted Recreation
- Cold Weather Survival
- Cross-Country Skiing
- Geocaching
- Historical Games
- Ice Fishing
- Kicksledding
- Maple Syruping
- Navigation Skills
- Nordic Walking
- Shelter Building
- Snowshoeing
- 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)

Winter Program Descriptions

Contact us for details about specific programs.



Adapted Recreation – Try a variety of programs that can be adapted to meet diverse needs. Some of our specialized equipment includes Nordic sit-skis, modified ice fishing equipment, and a mobi-mat to help wheelchairs across all terrains.

Cold Weather Survival - Prepare to enjoy winter in the outdoors safely by learning key concepts of winter survival. Use creative problem solving to turn everyday objects into survival tools.

Cross-Country Skiing – Learn how to stride and glide, get up from a fall, stop, turn, and tackle hills. Get tips on gear, sizing, and staying warm. Take a tour of our beautiful trails.

Geocaching – Learn the basics of Global Positioning System (GPS) technology. Master the buttons and functions of GPS units and 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, loggers, and American Indians.

Ice Fishing – Learn the tools, techniques, and laws of this uniquely northern pastime. We'll also discuss ice safety as we drop our lines and try our luck on the lake.

Kicksledding – Kicksleds became popular in Nordic countries more than 100 years ago. With a few kicks into the snow or ice, the sleds gain speed and glide. The kicksled is a great way to have some winter fun and stay in shape.

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. Available in March only.

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 impact on your joints. Hike through the park for a full-body workout.

Shelter Building – Learn the importance of shelter for winter survival in the outdoors. Work as a team and use snow and other natural materials to build a shelter.

Snowshoeing – Learn about the history of snowshoes and then enjoy an exhilarating guided snowshoe hike through the woods. Search for animal tracks or play games to develop technique.

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.