



# 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 for individuals of all abilities.



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

## Program Offerings for Spring/Summer/Fall

- Adapted Mountain Biking/Paddling
- American Indian/Historical Games
- Archery
- Atlatls
- Camping Skills & Outdoor Cooking
- Canoeing
- Challenge Course/Teambuilding
- Climbing Wall
- Disc Golf
- Fire Building
- Fishing
- Fly Fishing
- GPS and Geocaching
- Hatchet Throwing
- Kayaking
- Log Rolling
- Maple Syruping
- Nordic Walking
- Orienteering & Map Reading Skills
- Shelter Building & Survival Skills
- Slingshots
- Stand-up Paddleboarding
- Slacklining
- Ziplining
- Volunteer Opportunities

[www.threeriversparks.org](http://www.threeriversparks.org)

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# 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 skill levels and abilities. Some of our specialized equipment includes adapted paddle equipment, adapted mountain bikes, and a mobi-mat to help wheelchairs across various terrains.

**American Indian/Historical Games** – Learn and play traditional games, including some from American Indian cultures, passed along as fun ways to sharpen the senses, stay strong, and build community!

**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.

**Atlatls** – Learn about the development of hunting tools throughout history. Practice throwing spears/darts with an atlatl—a tool that improves throwing efficiency.

**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 and a tasty treat over the campfire.

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

**Challenge Course/Teambuilding** – Navigate our low ropes course by problem solving as a group to overcome obstacles. The goal is to effectively and efficiently work through the challenges as a group.

**Climbing Wall** – Get an introduction to the sport of rock climbing with the 25-foot tall portable climbing wall. Come to the park or have the wall come to you for an exhilarating climbing experience.

**Disc Golf** – Learn to play the game of disc golf, including rules and etiquette, equipment, types of discs, and several throwing techniques. You do not need to be a Frisbee player to enjoy the satisfaction of rattling the chains when you hit the basket.

**Fishing** – Learn beginning 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.

**GPS & 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.

**Hatchet Throwing** – Try hatchet throwing and find your inner lumberjack or lumberjill! Learn proper technique and safety while practicing aim and grouping.

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

**Log Rolling (lake or pool)** – 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.

**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 complete full body workout.

**Orienteering and Map Reading Skills** – Learn how to use a compass and map together and test your skills on our orienteering course. Go boldly and confidently into the woods.

**Survival Skills—Fire Building** – Learn different ways to make a safe fire in the outdoors and emergency survival situations. Try building fires with flint and steel, matches, and magnesium!

**Survival Skills—Shelter Building** – Learn about the importance of shelter in wilderness survival. Use your creativity and work as a team to build a debris shelter.

**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.

**Slingshots** – Explore how people developed slingshots and other hunting tools throughout history. Learn about safety and technique and practice your aim on our custom targets.

**Ziplining** – Enjoy a high-flying adventure on our mobile zipline! Our trained staff will fit you for a harness and secure you to the cable before your exhilarating ride. Come to the park or have the zipline come to you.

## 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](mailto:heather.gordon@ThreeRiversParks.org).