

**Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate, and S is strenuous exertion. Please determine your own physical abilities.**

**If the class is held inside for the entire time – that is noted as “inside”.**

### **Nature Journaling (E–M)**

We will be covering tips and tricks to help you preserve your memories of your visits to the Outdoors. From writing down observations and drawing the things you see; you will be able to create short journal entries that will showcase a lifetime of stories to tell down the road. This in turn will help you develop a lifetime habit of recording your experiences. This class will start inside and have time outside (dress for weather please) to practice some observation techniques. We will explore each of our own ways to document our experiences. Participants will receive basic starter journaling kit to take with them. **Instructor – Melanie Duke**

**Archery – (M)** (inside) The instructors will go over bow safety and introduction of the different types of bows available (compound, longbow, recurve) along with the equipment to use with bows and arrow choice (hunting vs. target), basic bow maintenance and shooting stations for both types of bows. They will also discuss hunting for anyone that may be looking for archery deer/turkey hunting and the different types of stands available. **Instructor – Kelly Deering & Kelly Multerer**

**Basic Snowshoeing – (M-S)** Learn the basic techniques, proper clothing to wear, types of trails, what to bring with you, pros and cons of poles and different types of shoes then we'll take a leisurely stroll through the woods. *(Please bring a water bottle to class)*  
**Instructors – Sandy Kivela, Danielle Steffey, Debbie Leaf**

**Advanced Snowshoe – (S)** This is strictly for those that have taken the basic snowshoeing class or have snowshoeing experience, as the class can be strenuous based on length and snow conditions. The purpose of this class is to build on snowshoeing skills. We will go off campus to beautiful Harlow Lake where we will make a 4-mile loop (approximately 2 hours of snowshoeing based on conditions) then return to Bay Cliff. Please provide your own snowshoes if possible. A water bottle is mandatory for this class. Class size is limited. **Instructors –Sandy Kivela, Danielle Steffey & Tara Gluski**

**Backcountry Cooking – (E)** Be prepared to have a great meal when you are camping or out on a trail and not in a can! Learn about various camp stoves and fuels, cookware, and easy delicious meals on a single burner stove. Get recipes that will work for you while backpacking or campground cooking. Most of the class will be outdoors so dress accordingly. **If you have a food allergy – please make a note of that on your registration form.** **Instructors – TBD**

**Cross Country Skiing – (M-S)** Topics include equipment selection, waxing whys and how-to, and learning basic skills. This class is for someone who has never cross-country skied before, who has never taken any formal instruction or who wants to brush up on their basic skills. **Instructors– Monica Weis, Amy Maus, Frida Waara & Barb Verham**

**Wild Game Butchering: E-M**, Learn wild game butchering, packaging, and cooking methods. We will break down a whole venison quarter into cuts of meat. Hands-on direct experience available for all participants. Discuss methods of packaging and cooking. If time allows, we will cook and possibly sample some of the fruits of our labor. We will have plenty of time for questions. **Instructor - Jen Davis**

**Ice Fishing – (M)** This course is geared to beginning ice anglers, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your icehouse. Basic equipment, electronics, jigging techniques, customizing your own gear and bait choices will be covered. Fishing time spent on the ice. Dress appropriately. Waterproof boots are recommended. **A Michigan All Species Fishing License (\$26) or 24-hour fishing license (\$10) is required.** **Instructors – Mark Mylchreest, Melanie Duke**

**Basic Photography – (E)** This course covers an introduction to photography, with an emphasis on learning camera terms and functions, photo composition and other basic concepts. Students in the class should bring their cameras or cellphones, as well as a pad and paper to take notes. Some of the class will be taught indoors and some portions will be outdoors with participants getting an opportunity to test out their newly acquired skills. **Instructor - John Pepin**

**Self Confidence – (M-S)** (inside) Do you enjoy hiking, hunting, or recreating in remote or out of the way destinations, but have felt apprehensive to do so by yourself? This class is designed to give you the knowledge and skills that will boost your self-confidence when recreating outdoors by yourself by learning some defense techniques. Please arrive at the class dressed in comfortable clothing and gym shoes and be prepared for a very physical and informative session! **Instructors –Brett Delonge, Anna Vaiu**

**Walking Stick – E** (inside) – Take a hike, sister! You will design, carve, paint/stain and embellish an “heirloom & folk art” walking stick! We’ll explore line, texture, color, and composition with your walking stick designs. Add an art aesthetic to your physical fitness routine; promote a healthy lifestyle by walking! Experience the success of using simple carving tools. **Things to Bring:** items for your stick – pins, silk flowers, doll heads, animal heads (toy), shells, beads, old jewelry, ribbon, etc. **Instructor – Margaret Gerhard**

**Wilderness First Aid – (E-M)** (inside – you may take a short venture outside) What's in your first aid kit? Find out which items you "should have" and which items you "must

have." What are the most common injuries and illnesses? Do you know how to treat them? With hands on practical instruction and a variety of scenarios, you'll learn what to do when emergency help is delayed! Are you prepared to save a life in a wilderness setting? **Instructor – Jenni Hanson**

**Introduction to Winter Fat-Biking (E-M)** The first time you see a fat bike you think – look at the size of those tires! Then you wonder where in the world would someone ride one. Truth is that fat-bikes have made outdoor riding accessible year-round. Todd will begin by showing “Whack Jobs”, a short film about Fat-Bike grooming in Michigan. Following the film, he'll introduce you to the bikes and lead a Q&A session about equipment, clothing, gear, the trails, or anything that comes to mind. After the Q&A everyone will get fitted and assigned a fat-bike and go along for a ride in and around the Bay Cliff Complex and local county roads. Following the ride, you'll return to the classroom for a recap. The goal is to introduce students to a new year-round activity and inspire you consider riding more frequently.

Helmets will **NOT** be provided, please bring your own. Students bring a thin-profile winter hat that will fit underneath a traditional mountain bike helmet. The instructor recommends a light/mid-weight base layer top and bottom, paired with additional midweight layers, top and bottom, under a windproof shell. Make sure to bring warm gloves and warm boots. Sunglasses are optional but recommended. Class size is limited. **Instructor -Todd Poquette, 906 Adventure Team**

**Winter Shelters & Winter Camping – (M-S)** Learn the basics of winter camping including clothing and equipment. Learn how to build a quinzhee and discuss other options for camping out in the winter. Maybe spend the night in the quinzhee when it's finished! Please dress appropriately as more than half of this class is outside and you will be shoveling and digging. If you are hoping to spend the night in a shelter that you build, please bring your winter gear & include a winter type sleeping bag & foam pad!! Please make a note on the registration form if you are *hoping* to spend the night in a shelter - sleeping outside is limited. **Instructors – Tara Gluski**

**Woods, Wildlife and Wood Burning – (E)** (inside) For anyone who has ever been interested in trying their hand at the wood burning art. Woodburning or pyrography is the art of decorating wood with burn marks that are applied with heated pokers or tools that are like soldering irons. Angel will guide the beginner and give tips to burning straight lines, shading, adding depth, highlighting, etc. You will also get tips on burning different kinds of wood, learn how to transfer your outline onto the wood of your choice, and see examples of projects. We will start a name tag and/or wood box project while in class and hopefully have it finished when you head home to show all what you have accomplished. **Instructor – Angel Abbs Portice**