

FALL WORKSHOP DESCRIPTIONS OF CLASSES

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 know your own physical abilities. If the class is held inside for the entire time - that is noted as "inside".

The A, B, Cs of backpacking - E -M -Where and for how long? What kind of gear? Tips, tricks and so much more. From selecting to where you want to go, how long, and getting home to start planning for the next trip! **Instructor- Monica Weis**

Handgun - M - Participants will learn the basics of safe and responsible handgun handling and shooting. An opportunity to shoot the basic types of handguns will be offered. **Instructor - Randy Girard**

Shotgun - M - Learn and practice different shotgun shooting techniques. Emphasis will be on safety, determining your master eye, proper stance, proper fit, safety equipment, how a shotgun works, and hands-on time to shoot and break clay pigeons. It is a good starting point for trap, skeet, and sporting clays. **Instructor - Jen Hanson**

Birding Basics - E - This class is a good introduction for those interested in birdwatching. The classroom section of the course covers binoculars, spotting scopes, field guides, terminology and more before heading out into the field to put this information into practice. Things to bring: Binoculars, field guide, notebook, something to write with, bug spray, comfortable walking shoes. **Instructor - John Pepin**

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**

Introduction to Fishing E-M - Learn basic rod set-ups, tackle, gear, fishing tactics, casting, fish identification and fish filleting. This is the perfect opportunity to set yourself up for a new passion with the plethora of fishing opportunities Michigan has to offer. **Instructor- Kynzie House**

Reading the Autumn Forest - E - Like a good mystery novel, every forest offers obscure clues to the deepest secrets. The clues are hidden to casual observers and say more than you'd expect. Hike through the forest, develop observational skills, expose the clues & read the hidden pages in the forest story. **Instructor - Steve Waller**

Outdoor Photography - E - There is so much to see in the fall through a camera lens. Learn how to take better photos. We will tell you step-by-step in simple language how to take great looking photos with more impact. This class is easy to understand and is suitable for point-and-shoot, DSLR or 35mm camera owners. Those who only take photos with their cellphones can also benefit from the discussion. The class covers tips for composition and shooting techniques. This course covers the basics for beginners or anyone who wants to learn more about their camera and techniques for using it. **Instructor - John Pepin**

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 - Jen Hanson**

Intro to Upland Bird Hunting - M-S- An intro to upland hunting and bird dogs! This course will go over upland hunting gear to get you started, biology of upland game birds of MI, including tips/tricks to find birds in suitable habitat, how to identify suitable habitat, a demonstration on working bird dogs. This course format is very open and will allow plenty of time for interaction and relationship building with instructors and other female hunters of all experience levels. Please be prepared for time outside (comfortable hiking boots-waterproof preferred), long pants that won't snag on thorns and brush, a comfortable breathable short sleeve/long sleeve shirt. Course includes hiking in difficult terrain, moderate physical activity, biting insects. **Instructor - Sarah Topp**

Beginner Basic Mountain Bike - M - S - Learn the basics of the trail and riding techniques such as mounting/dismounting, tire pressure, body positioning, shifting and braking. Learn basic bike repair, safety inspection and review the best bike for your budget and style of riding. You will ride 10 or less miles on gravel, two-track and possibly mud. Participants may bring their own ready-to-ride mountain bike and helmet. Helmets are required for all biking workshops. Loaner bikes (and helmets) are available if needed. If a bike is needed, please indicate your need and height on the registration form. **Instructors- Deb Leaf, Barb Verhamme and Amy Maus, 906 Adventure Team**

Intermediate Mountain Bike - M - S - You will need a solid foundation of beginner mountain skills or have taken the beginner workshop for this class. Participants will learn skills to improve ability when cornering, climbing and descending over more technical terrain. You'll learn how to ride over obstacles, small drops and rollers, over bridges and in narrow areas. Participants will practice more entry level intermediate technical skills in a field and may not ride the local trails. This class will prepare you for riding single track where you'll go practice what you learned outside of this class. Participants may bring their own ready-to-ride mountain bike and helmet (helmets required). Loaner bikes (and helmets) are available if needed. If needed, please indicate your need and height on the registration form. **Instructors -Deb Leaf, Barb Verhamme and Amy Maus, 906 Adventure Team**

GPS/Geocaching - M - GPS/Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants learn GPS basics, understand way points, then navigate to a specific set of GPS coordinates and then attempt to find the geocaches (containers) hidden in specific locations. It is a great way to build confidence in navigation skills in and out of the woods, rural and even urban areas. Also, bring smartphones to learn how to utilize specific GPS/Geocaching apps. (Bug spray, good shoes, and rain gear if weather calls for it, also small items to trade at the caches) **Instructor - Melanie Duke**

Wilderness Survival - M - Don't go into the Woods unprepared! Do you have the skills to survive a backwoods emergency? Do you know items you should never be without when you go into the woods? Let us show you some basic wilderness survival skills that will help you build the confidence you need to enjoy a hike, a float or any

other outdoor experience. We will discuss survival skills such as fire building and basic shelter building and try your hand at building both. Don't let poor planning ruin a trip. The best time to practice these skills is before you need to use them.

Instructor - Josh Boudreaux

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 - Anna Viau