

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”.

Introduction to Firearms & Firearm Safety – FRIDAY EVENING

(PLEASE DO NOT BRING YOUR OWN FIREARMS. THEY WILL BE PROVIDED.)

NOTE: This session is required for all participants who do not possess a hunter safety certificate or a valid hunting license and plan to take a Firearms or Archery course. Participants in this firearm safety session will receive instruction in safe handling of firearms, at home and in the field. Opportunities to handle rifles, shotguns and handguns in a supervised setting will be presented. Classroom demonstrations and visual aids will be used to assist the participant in the learning process. This does not count towards your four class choices. You can also earn a Hunter Safety certificate if you do the bookwork ahead of time, take this class and pass the test, this part is not mandatory, but a great to have for future hunting opportunities. *Instructor – Jane Gordon*

Archery – M –The instructor will go over bow safety and introduction of the different types of bows available (compound, longbow, recurve). The equipment to use with bows and arrow choice (hunting vs. target), basic bow maintenance and shooting stations for both types of bows. If you have your own bow, please feel free to bring it. *Instructor – Kelly Deering, Kelly Multerer*

Mock Archery Hunt – M-S – This class is an advanced archery class. Hunting will be discussed and the different types of stands available. There will be a stand for students to shoot from. Please feel free to bring your own bow if you have one – we will have some on hand. If you have a safety harness and/or tree stand that you would like to bring so you can become more familiar with its use, feel free. We will go over the techniques to setting up a blind, focusing on deer trails, shot position, tracking, safety measures and following a mock blood trail. This class will require more physical ability than the regular archery class as we will be walking through the woods and climbing tree stands. *Instructor – Kelly Deering*

Backpacking and Hiking Basics – M - Learn about the basics of backpacking gear, what to pack and how to pack your backpack, trip planning, and backpacking opportunities with BOW. A short hike will be included in this session. Please wear proper foot gear. This class is designed for somebody with very little to no backpacking experience. *Instructors – Tara Gluski, Dave Kalishek*

Basic Land Navigation – M – Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate your way through a short orienteering course right on campus! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots are also recommended. **Instructors – Celeste Chingwa, Jennifer Burnham & Tori Irving**

Basic Land Navigation - Beyond the Basics - S - This advanced course provides an opportunity to sharpen your map and compass skills and put them to use in the field! Come to class prepared for a hike in the woods (comfortable clothes/shoes/boots, hat, bug spray, rain gear, reading glasses, etc.) because most of the class will be held outdoors, rain or shine. Don't forget your water bottle. We will be using various tools to plot routes, navigate to points of interest, practice orienteering, and map reading. Come share in the fun and experience what the great outdoors has to offer. Sack lunch and snacks will be provided. This will be an ALL-DAY class, will count as two sessions, and is offered only on Saturday. *The 'Building Confidence with Map and Compass' and/or Basic Land Navigation course is a prerequisite for this course to ensure that the basics of using a map and compass are understood. If you have taken the 'Building Confidence with Map and Compass', in a previous year, you do not need to retake the course. There will be a short review at the beginning to refresh your skills.*

Instructors – Celeste Chingwa, Jennifer Burnham & Tori Irving

Canoeing - S - Canoeing is a great activity, as well as an enjoyable and relaxing way to experience the outdoors. Whether you're a novice or have been in a canoe before, our class will go through basic paddle techniques, safety, and most importantly help you build confidence in climbing in a canoe and exploring new waters. **Instructors – Allison & Jeff VanGorp**

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. **Instructors - Jane Gordon & Brian Roell**

Rifle – M - Learn different types of rifle safety and marksmanship techniques, practice proper stance, handling and shooting. You will have a chance to shoot a couple different types of high-powered rifles. Hands-on shooting at targets will be offered. **Instructors – Nick Steffey**

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. **Instructors – Nick Steffey & Jen Davis**

Fly Fishing – M -This class will provide you with the basic skills to fly fish. You will learn to cast a fly rod and wade in a stream before heading out to the water. If you have your own equipment, feel free to bring it, however, all equipment is provided. Things to bring, baseball type hat; Polarized glasses; Nail clippers. Fishing license is required. An annual license is \$26, or you may purchase a 24-hour license if you would like for \$10. (Please purchase ahead of time – Crams in Big Bay sells licenses) **Instructor –Steve & Rebekah Armatti**

Lake Fishing – M - This session will include, basic rod and reel selection, tackle and lures, basic knots, as well as, how to clean and filet fish. This will be an all-day class and count as two sessions offered Saturday only. You will be transported to the Hoist Basin (near Negaunee) and spend the day fishing. A Sack lunch will be provided. You will be back in time for evening dinner at Bay Cliff. Participants may bring their own fishing equipment but, equipment is provided. This class is limited; if you have taken this in the past you cannot take it again due to the class limit size. Fishing license required. An annual license is \$26, or you may purchase a 24-hour license if you would like for \$10. (Please purchase ahead of time – Crams in Big Bay sells licenses) **Instructors – Paul Hannuksela, George Lindquist**

Fly Tying – (E) (inside) An introductory course on the “how to” of tying flies. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to “try their hand” at tying flies, which you will be able to take home and try them out on your next fishing trip! A few new types of flies for trout, bluegill and small mouth bass will be taught. **Instructor – Steven & Rebekah Armatti**

Invasive Species Walkabout – M - You will learn basic field identification of invasive species (and some beneficial natives) that you may encounter during water and land-based activities; how they are invading our recreation areas; and what you can do to help get rid of them, or better yet, prevent their spread. Good walking shoes are a must for this class. **Instructor – Teri Grout**

Kayaking – S – Downwind Sports will have their kayaks on hand for this class. This class covers basic kayak touring safety, types of kayaks, and the essential paddle strokes needed to enjoy kayaking. The course will help you develop skills in solo kayaking. Paddlers will learn what techniques overcome physical strength in

kayaking. Skills will be practiced on the lake. (A good idea to bring an extra pair of shoes you don't mind if they get wet) **Instructors – Linda Welch, Monica McKenny, Monica Weis**

Mountain Bike – S - Learn the basic rules of the trail and riding techniques, such as shifting, braking, hill climbing and descent, body positioning and navigating obstacles. Learn basic bike repair and inspection and review the best bike for your budget and style of riding. You will ride several miles over various types of terrain. Participants must bring their own Ready-to-ride Mountain Bike and safety helmets (both required). There are multiple businesses in Marquette that provide rental, if necessary. **Instructor – 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 – Allison & Jeff VanGorp**

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. **Instructors – Tara Gluski, Dave Kalishek**

Turkey 101- M – Introduction to Turkey Hunting. Explore habitat information, turkey calls, clothing, decoys, methods of hunting and more. Let's talk turkey! Gobble, gobble. **Instructor – Jen Davis**

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.** **Instructor – Danielle Steffey**

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 Viau**

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 similar to 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**

Hammock Camping & knot tying – M- The newest trend in camping is hammock camping, learn about different types of hammocks, choosing a spot, hanging hammocks and safety tips to enhance your experience. Knot tying goes hand in hand! In beginner knot tying, the instructor will demonstrate and teach how to tie various knots that are useful in the outdoors. This is a hands-on, and you will be provided with rope for practice. Knots taught may include the overhand, square, half hitch, trailer hitch, bowline, and figure eight. The focus will be on foundational knots and knots with frequent usage in the outdoors, as well as others requested by participants. **Instructors - Nick & Danielle Steffey**

Rock Climbing – S- Interested in learning the skills of rock climbing? This is the perfect opportunity to introduce yourself to this potentially new recreational past time. You will learn on the 40-foot climbing way at the facility under the guidance of certified instructors. All safety equipment is provided. **Instructors – UP Bible Camp Staff**