

BECOMING AN OUTDOOR FAMILY

SUMMER WEEKEND

June 10 - June 12, 2011 • Audubon Center of the North Woods • Sandstone, MN

Hands-on beginning outdoor skills and experiences for the whole family.

Bringing Families and the Great Outdoors Together

Becoming an Outdoors Family

Becoming an Outdoor Family is a workshop focused on learning basic outdoor skills to help you and your family enjoy the outdoors. Skills taught are related to a variety of outdoor sports and recreational activities. Another goal is to provide families an opportunity to reconnect with each other and the great outdoors in a comfortable, safe and relaxed setting.

Expert instructors from both the Audubon Center of the North Woods and Minnesota Department of Natural Resources will teach these classes. Instructors begin each class with the basics, providing hands-on experience and encourage all participants to ask questions and try the skill.

We welcome all types of families to participate! Bring your kids, grandkids, nieces, nephews or even scout troop or big brother/sister group and join us. Outdoor family workshops are geared toward families that have children between the ages of 6 and 18. Younger children are welcomed to attend the weekend but will not be able to participate in classes.

For More Information

Please contact us if you have questions:

Laurie Fenner, Audubon Center of the North Woods

Phone: 1-888-404-7743

Email: fenner@audubon-center.org

Linda Bylander, MN Dept. of Natural Resources

Phone: 218-833-8628

Email: linda.bylander@state.mn.us



Workshop Schedule

FRIDAY, JUNE 10, 2011	
4:00 P.M. – 6:00 P.M.	Check-in/registration
6:00 P.M. – 7:00 P.M.	Welcome and walking tour of center
7:00 P.M. – 9:00 P.M.	Climbing wall open, movie-night, free time and personal activities

SATURDAY, JUNE 11, 2011	
7:30 A.M. – 8:30 A.M.	Breakfast
9:00 A.M. – NOON	Saturday Session I
NOON – 1:00 P.M.	Lunch
1:00 P.M. – 4:00 P.M.	Saturday Session II
4:00 P.M. – 5:30 P.M.	Family Free Time
5:30 P.M. – 6:30 P.M.	Dinner
6:30 P.M. – 8:00 P.M.	Evening Birds of Prey Program
8:15 P.M.	Campfire & S'mores

SUNDAY, JUNE 12, 2011	
7:30 A.M. – 8:30 A.M.	Breakfast,
8:30 A.M. – 11:30 A.M.	Sunday Session III
11:30 A.M. – NOON	Pack up and check-out
NOON – 1:00 P.M.	Lunch and closing
1:00 p.m.	Depart



Details

Workshop Details

Registration for classes is on a first-come, first-served basis. Class sizes will be kept small for a better learning experience. All participants will have the opportunity to experience all evening activities, which will include rock climbing, raptor program and campfire. On the registration form you will need to rank session preferences for Saturday and Sunday. All equipment is provided.

Workshop Fee

\$85 per person, OR

\$315 for family of four and \$75 for each additional family member. Includes 2 nights lodging, meals Saturday breakfast through Sunday lunch, and all classes.

Session activities are for adults and children ages 6 and older. Younger children are welcome during the weekend but cannot join the session classes. Fee includes lodging, all meals, class equipment and instruction. Lodging is dorm style with one family per dorm room - private or shared bathrooms (rooms with private baths are first-come first-served). Bring linens or sleeping bags, towels and personal items. All classes will go outdoors rain or shine! Please dress appropriately for the weather.

Confirmations Packet

A packet with class schedule, directions, packing list, and other necessary details will be emailed/mailed to you approximately 3-4 weeks before camp begins.

Cancellation

If you cancel before May 20th, you will receive a full refund minus the non-refundable \$50 deposit. Cancel after May 20th and there will be no refund.

Supervision

One adult must be present with up to two children under age 16 in each session. Guardians are responsible for the supervision of their children at all times.

Family Scholarships

Scholarships are available to attend this event courtesy of the Rocky Mountain Elk Foundation. Please contact Linda Bylander at Linda.Bylander@state.mn.us or by phone, 218-833-8628.

Classes

Workshop Classes

A. Reptiles & Amphibians (Sessions 1, 2)

How are reptiles and amphibians similar? How do they differ? Do we need to be afraid of these animals? Do they benefit people? Students will meet the Audubon Center resident reptiles and amphibians, learn how to identify frog and toad voices and then explore looking for some animals.

B. Stream Superheroes (Session 2)

Even streams need superheroes! Students discover the mighty macroinvertebrates, whose special adaptations help to indicate water quality. Students will visit various aquatic ecosystems for collection and sampling. (Water chemistry is available upon request).

C. Archery (Sessions 1, 2, 3)

Learn about archery equipment and how to properly shoot a bow. We will use Matthews Genesis compound bows that have a very low draw weight so even 6-year-olds can be successful at this sport.

D. Animal Signs and Forest Ecology Hike (Sessions 1, 2, 3)

Hike the beautiful trails of the Audubon property and learn about the natural history of the North Woods and how to interpret clues to the secret life of animals. This exploration on foot will present a variety of animal signs and surprises!

E. Spin Cast Fishing (Sessions 1, 2)

Participants will have the chance to try their hand at the more traditional method of fishing using spin cast equipment. Groups will practice their newfound skills on Grindstone Lake. Catch and release only.

F. Fly Fishing (Session 3)

Learn the basics of fly-fishing including equipment and casting. Practice casting in Grindstone Lake to gain skills in casting and retrieval. Catch and release only.

Due to the nature of the equipment, this class is best for participants over the age of ten.

G. Survivor: North Woods (Sessions 1, 2, 3)

Students learn lifelong survival skills: how to build a fire and a shelter, as well as how to put together a survival pack. Students will build a fire and shelter outside while working as a team to succeed in surviving in the woods.

H. Telemetry & Geocaching (Sessions 1, 2, 3)

Locate a radio collar using techniques employed by biologists studying birds to wolves. Basic GPS and practice will add to your orienteering skills. Employ those skills in locating cached items.

I. Skywalk High Ropes Course (Sessions 1, 2, 3)

Students face the challenge and excitement of crossing cables and logs 20 feet off the ground, while connected in by safety lines. Safety and teamwork are highly emphasized. Due to the nature of this exhilarating and challenging course, youth 6-8 years of age require an adult to accompany them onto the course.

Friday evening - Open Climbing Wall

On the Audubon Center's indoor climbing wall, learn about climbing equipment, etiquette and safety, bouldering and basic rock-climbing techniques. Campers will have the opportunity to try several different climbs.

Saturday Evening Activities (All participants will have the opportunity to attend these events, so you do not need to sign up for them. All evening activities are optional.)

Birds of Prey Program

The Audubon Center of the North Woods is home to a number of resident raptors (non-releasable), some of which you will meet in this fascinating evening program.

Campfire

Join us for fun, laughter, and s'mores around the campfire!

Free Time

Volleyball, board games, evening stroll...it is your choice. Equipment will be provided for a variety of self-led activities.

REGISTRATION FORM Becoming an Outdoor Family June 10-June 12, 2011

Please complete the entire REGISTRATION FORM and mail or fax it along with your registration fee to: **ACNW**

Call the Audubon Center of the North Woods Toll-Free at 1-888-404-7743 or visit www.audubon-center.org for more info

**Attn: Laurie Fenner
54165 Audubon Drive
Sandstone, MN 55072
Fax: 320-245-5272**

Name _____
 Phone (Day) _____ Evening _____
 Address _____
 City _____ State _____ Zip _____
 Email _____

Credit Card payment details (# and expiration date) # _____ Exp. Month _____ Year _____

List the name of each family member coming to the event, even those too young to participate in the activities:

Adult 1:	_____	t-shirt size	_____
Adult 2:	_____	t-shirt size	_____
Child 1:	_____ Age _____	t-shirt size	_____
Child 2:	_____ Age _____	t-shirt size	_____
Child 3:	_____ Age _____	t-shirt size	_____
Child 4:	_____ Age _____	t-shirt size	_____



**T-shirt Sizes:
Adult S, M, L, XL or
Youth S, M, L**

Session Classes

For each individual attending, please rank class preferences for → sessions 1, 2, and 3. Participants will have the opportunity to attend all evening activities. Numbers in parenthesis indicate which sessions the class is being offered.

- A. Reptiles and Amphibians (1, 3)
- B. Stream Superheroes (2)
- C. Archery (1, 2, 3)
- D. Animal Signs (1, 2, 3)
- E. Spin Cast Fishing (1, 2)
- F. Fly Fishing (3)
- G. Survivor: North Woods (1, 2, 3)
- H. Telemetry & Geocaching (1, 2, 3)
- I. Skywalk High Ropes Course (1, 2, 3)

Name	Session 1			Session 2			Session 3		
Example: Jane Jones	C	D	A	B	D	H	A	D	C
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3

Signature of parent/guardian: _____