

BECOMING AN OUTDOOR FAMILY SUMMER WEEKEND

June 19-20, 2010 • Eagle Bluff ELC • Lanesboro, 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 Eagle Bluff 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 grandchild, niece or nephew 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 14. 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:

Megan Duffey, Eagle Bluff ELC

Phone: 1-888-800-9558

Email: camps@eagle-bluff.org

Linda Bylander, MN Dept. of Natural Resources

Phone: 218-833-8628

Email: linda.bylander@state.mn.us



Workshop Schedule

FRIDAY, JUNE 18

Optional Friday night stay for additional fee of \$10/person, meals are on your own and there are no scheduled activities.

SATURDAY, JUNE 19

8:30 A.M. – 9:30 A.M.	Registration
9:30 A.M. – 9:45 A.M.	Welcome
9:45 A.M. – 12:00 P.M.	Saturday Session I
12:30 P.M. – 1:00 P.M.	Lunch
1:15 P.M. – 3:30 P.M.	Saturday Session II
4:00 P.M. – 4:45 P.M.	Evening Activities
5:30 P.M. – 6:30 P.M.	Dinner
6:30 P.M. – 8:00 P.M.	Evening Activities
8:15 P.M.	Campfire

SUNDAY, JUNE 20

8:00 A.M. – 8:30 A.M.	Breakfast
9:00 A.M. – 11:30 A.M.	Sunday Session
12:00 P.M. – 12:30 P.M.	Lunch
12:30 P.M. – 1:00 P.M.	Gift Shop
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 and campfire. On the registration form you will need to rank session preferences for Saturday and Sunday. All equipment is provided.

Workshop Fee

\$75 per person, OR \$280 for family of four and \$70 for each additional family member. Optional \$10 fee per person for Friday night stay—no meals or activities available on Friday or breakfast Saturday.

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 with their own bathroom. 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 mailed to you upon receiving registration materials.

Cancellation

If you cancel before May 7th, you will receive a full refund minus the non-refundable \$50 deposit. Cancel after May 7th 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. Air Gun (Sessions 1, 3)

Learning how to properly use and respect guns is a great way to teach kids to be gun safe! Learn gun safety, how to hold a gun, proper shooting position and rules for shooting. Practice shooting targets with an air gun.

B. 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.

C. Flora and Fauna Hike (Sessions 1, 2, 3)

Hike the beautiful trails of Eagle Bluff and learn about the plants and animals that live in the woods and in the water.

D. Fly Fishing (Session 1)

Learn the basics of fly-fishing including equipment and casting. Practice casting in the local trout pond 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.

E. Geocaching (Sessions 1, 2, 3)

Learn how to use a GPS unit to navigate through the woods in search of hidden caches!

F. Rifle Range (Session 2)

Learn gun safety, how to hold a rifle, and proper shooting fundamentals. Class will include shooting practice at Eagle Bluff's rifle range. Due to the nature of this class, only adults and children over the age of 10 are able to participate.

G. Spin Cast Fishing (Sessions 2, 3)

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

H. Treetops High Ropes Course (Sessions 1, 2, 3)

Try your hand at the treetops high ropes course. This course will exhilarate you and is a great personal challenge course. Due to the nature of the course, youth 6-8 years of age require an adult to accompany them onto the course.

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.)

Campfire

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

Art in Nature

Nature is a common inspiration for art and you'll have the chance to express yourself with these crafts. All materials provided.

Free Time

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

Rock Climbing

The indoor climbing wall is an excellent venue that promotes personal growth, self-confidence, and pride. Participants will have the chance to scale our 30ft wall while our trained staff keep a watchful eye.



REGISTRATION FORM Becoming an Outdoor Family June 19-20, 2010

Please complete the entire REGISTRATION FORM and mail it along with your registration fee to: Eagle Bluff

Attn.: Megan Duffey
28097 Goodview Drive
Lanesboro, MN 55949

Call Eagle Bluff Toll-Free at 1-888-800-9558

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

Are you staying Friday night at the additional charge of \$10 per person? YES _____ NO _____
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. Air Gun (1, 3)
- B. Archery (1, 2, 3)
- C. Flora and Fauna Hike (1, 2, 3)
- D. Fly Fishing (1)
- E. Geocaching (1, 2, 3)
- F. Rifle Range (2)
- G. Spin Cast Fishing (2, 3)
- H. Treetops High Ropes (1, 2, 3)

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

Risk Release & Photo Permission:

The applicant by signing below recognizes that the program involves some risk and that your family takes responsibility for all action or injury that may result by participating and will sign a liability form.

Participants understand that photographs may be taken during the session and may be used for future support of the program.

Signature of parent/guardian: _____