

Class Descriptions

All Classes May Not be Offered at Every Workshop

ARCHERY:

(A) BEGINNING ARCHERY

A hands-on course where participants learn proper shooting form and technique as well as safety. Explore a variety of bows and what each one has to offer in the sport. Learn about the development of archery through the ages. Besides gaining knowledge about target archery, attendees find out about field archery and 3-D archery.

(B) ADVANCED ARCHERY

Archers learn how to work on their own equipment; from putting on a nock point and fletching arrows to fixing an arrow rest, selecting bows, arrows and other equipment to use for different types of archery. One on one instruction. **PARTICIPANTS MUST BRING THEIR OWN EQUIPMENT. NO BROADHEADS. PLEASE, DO NOT SIGN UP FOR THIS CLASS UNLESS YOU HAVE AND BRING YOUR OWN GEAR.**

CAMPING:

(C) CAMPING 102

In the camping 102 course you will learn, not only how to set up camp, but we will show you how to make it as elaborate or as basic as you desire. We will have four large tents with which to set up. Once the entire camp is set up you will have the opportunity to sleep out in what we refer to as tent city. Fully equipped with lantern hangers, covered kitchen, dining area/game room, cooking instruction (menu selection), from hot dogs to steak. Are prepared foods good? What utensils are best for cooking (pots, pans etc.) How important is a clean camp?

(D) DUTCH OVEN COOKING

Learn the basics of Dutch oven cooking and produce mouth-watering cobblers, rolls and main dishes in a camp-like setting. Students will learn how to use these traditional camp cooking utensils as well receive many great recipes to try yourself.

(E) CAMPFIRE COOKING

Learn the basics of cooking over a campfire. Cook with grills, pans and aluminum foil. Learn how to build a fire and how to manage it; choose the woods to use and where to get them. Pick up tips on what to do when that essential item is left behind. Learn how families can work campfire cooking as a team.

(F) (Revised) OUTDOORS ESSENTIALS

Every experience level should learn from this course. Ever wondered what essentials to start with? Or are you experienced in the outdoors and want to see samples of different products at stores. Knot tying, water purification, proper campsite placement for best guard of wild animals. Low impact practices, cat holes will all be addressed. Show table of great outdoor resource books. Blisters from hiking. Sample first aid kits. Womens outdoor hygiene. *Questions welcome prior to camp, to be answered in class. Registration will forward your questions.*

(G) (New Class) THE 3P'S (POO, PEE & PERIODS)

DON'T be intimidated by the 3 P's when it comes to enjoying the outdoors. This is a comfortable setting with open discussion with other ladies with similar concerns. Learn proper disposal of the 3p's for the different types of camping. Learn low impact techniques. Learn about wild animals in reference to the 3p's. Learn a variety of squatting techniques, outdoor hygiene. *Questions welcome prior to camp, to be answered in class. Registration will forward your questions.*

PADDLING SPORTS:

(MM) PADDLING SAFETY 101: KAYAKING CLASSROOM

This is a prerequisite for Paddling Safety 102. This on land National Association of State boating Law Administrators (NASBLA) sanctioned course given by Arizona Game and Fish certified paddling instructors. You will learn essential safety aspects of kayaking. Find out what to do if you capsize your boat; learn the laws of boating safety and how you could help a fellow boater in need. There will be videos and interactive activities as well as a short written test at the end of this session.

(H) PADDLING SAFETY 102: KAYAKING ON THE WATER

You must take Paddling Safety 101 to register for this class. For this session you will take concepts learned in paddling safety 101 and hit the water. Practice getting in and out of a kayak without going for a swim. You will learn all the strokes and how to keep your balance while participating in fun exercises. You will receive a paddlesport education card after completion.

(JJ) STAND UP PADDLING (NEW!)

Find out about this ancient way of travel made new again. You simply step onto the board and paddle to navigate on the water. Jimmy's SUP (<http://www.paysonmarketplace.com/marketplace/businesses/jimmyssup/>) will be there with his staff to walk you through this fun old/new sport. Please wear clothes and shoes that will keep you warm even when wet. Neoprene, fleece, wool, raingear will all work. Cotton is the worst thing for you to wear. This means no blue jeans!

CLIMBING:

(I) ROPES CHALLENGE COURSE

The course consists of a series of group and individual confidence building challenges that encourage cooperative problem solving and individual risk-taking. It emphasizes teamwork and builds confidence and trust. Program events are designed to accommodate both the goals and physical abilities of each individual. Success and safety often depend more on the intellectual and imaginative resources of a group. Participants are completely safe at all times. Instructors are personnel from Friendly Pines who are certified on the course with extensive training.

(J) RAPPELLING 101

In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to tie a seat harness. There will be actual rappelling on short cliffs located on the campgrounds. All gear is provided.

(K) RAPPELLING 102

A continuation of rappelling 101 with a greater degree of difficulty. Participants hone skills and advance to more challenging rappels. Climbing gear and ropes are provided. *Prerequisite: Rappelling 101*

FIREARMS:

(L) BASIC FIREARM SAFETY

A hands-on experience for the novice and a refresher course for the more experienced shooter, this class covers basic gun safety, identifying, loading and unloading various firearms, ammunition types, and definitions of commonly used terms. **A prerequisite for shotgun, rifle and handgun.**

(M) RIFLE MARKSMANSHIP (at Ben Avery!)

Students learn rifle handling, shooting positions and techniques on paper targets using .22 caliber rifles. Participants will need to provide their own transportation to this class. It is on the way home for most of you and will be held Sunday morning. The range is located at I-17 and Carefree Hwy. We will provide a sack lunch. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(N) BASIC SHOTGUN

Covers everything students need to know to become a competent wing shot, or to enjoy a round of trap or skeet. Federal Ammunition provides the ammunition. Shotguns provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(O) HANDGUN BASICS

Participants will learn basic handgun safety and marksmanship. Ammunition and firearms provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

FISHING:

(P) WARM WATER FISHING

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish and other species. Learn proper lure selection and the use of these lures. Learn the most effective bait and fishing techniques for warm water species. With this knowledge, participants will be well prepared to catch fish in Arizona's warm waters. The Arizona Game and Fish Department will furnish all equipment. No fishing license is required.

(Q) INTRO TO FLY-FISHING

This fun, step-by-step fly fishing workshop is designed for curious first-timers, as well as for those who want to feel more accomplished out on the water. Our team of instructors will introduce you to equipment, fly patterns, and help you with hands-on fly casting & knot tying. The class is taught in an outdoor setting so bring clothing appropriate for the time of year, sunscreen, sunglasses, hat & water. **All equipment is provided, but if you already own your own please bring it with you, however don't purchase any equipment prior to the class.**

(R) FLY FISHING

Specifically designed for those who have completed the Intro to Fly Fishing course or have some prior fly fishing experience, this on the water workshop encourages participants to think like a fly fisher! We'll review & build upon basic skills so you can become more confident & capable fishing independently. Participants should bring clothing suitable for the outdoors, hat, sunglasses, sunscreen, water. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. No fishing license is required.**

(S) ADVANCED FLY FISHING

Float tubing is a fun, stealthy, specialized approach to lake fly fishing. This fishing workshop introduces committed participants to fly fishing from a float tube, covers equipment and tactics & concentrates on float tube safety. Class is limited to 5 candidates: 1) who are comfortable in the water, 2) who have taken a previous BOW fly fishing course, or who have prior experience fly fishing, 3) who are properly outfitted. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. *No fishing license is required.**

HUNTING:

(T) BEGINNING HUNTING

You will learn basic hunting techniques; how to scout, glass, track, stalk and look for sign. A must for beginners and a plus for less experienced hunters who would like to hone their hunting skills.

(U) GAME & FISH COOKING

With few steps and a little common sense, game meat can be healthy and tasty substitute in many recipes. This class will actually prepare and serve the dishes for the evenings "Game Tasting." Recipes will depend upon game and/or fish available at the time of the class. Sorry-this class will be limited to the first four participants.

(V) PREDATOR CALLING: PHOTO OPPORTUNITY

Hunting the hunters! Want to experience pure adrenaline? It is tough to beat the excitement of seeing a coyote or fox come in to the sights and sounds of wounded prey. Join members of the Phoenix Varmint Callers. They will explain the basic techniques for fooling those animals at the top of the food chain. Afterwards, participants will experience a non-harvesting "stand". Have cameras ready, as you never know what may come in!

(W) SAUSAGE MAKING

Become familiar with the ancient art of making sausage. This is a hands-on class where you will grind, and prepare bulk-type sausages. This class will emphasize the use of game meats and game will be used when available.

OUTDOOR KNOWLEDGE:

(X) BACKPACKING/HIKING 101

Despite what the glossy magazine pictures will show you, it isn't required that you spend two months of your annual salary for backpacking gear. This class will help prepare you for a comfortable and enjoyable overnight hike into the wilderness. Together, we will talk about the ten essentials, safety considerations, Leave No Trace principles, as well as gear and equipment selection.

(Y) BACKPACKING/HIKING 102

In the previous class you learned what is necessary to have a tranquil hike into the wilderness. Now, we are going to practice skills that will bring you confidence of the how's and why's. This session will be in the field so bring a day pack, two liters of water, a hat to shield you from the sun's rays and comfortable hiking shoes or boots.

(Z) BASIC LAND NAVIGATION

This course includes classroom and field exercises in map and compass reading. Students will learn to accurately read a US Geological Survey (USGS) map, and how to use them for hiking, hunting, fishing and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and to determine their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instruction. This is a must for active outdoor enthusiasts who like to get off the trail.

(AA) GEOCACHING (GPS)

It is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech savvy family outside. This class focuses on the Global Positioning System, how it works and how it can help in the outdoors. We will begin with a review of basic GPS skills then you will use your GPS to find "treasures" near the camp. Let us know if you need a loaner GPS unit.

(BB) EDIBLE AND MEDICINAL DESERT PLANTS

Presented by author Jean Groen (*Foods of the Superstitions*)

This class will cover the identification of various edible and medicinal plants and cacti of the southwest. The uses of these plants by Indians and the early settlers will also be discussed.

(CC) HORSEMANSHIP

This introductory class on horses teaches the basics of horse behavior and care. Participants will become familiar with the terms currying, tacking up and untacking. Attendees will participate in an approximately hour-long ride into the forest on the horse they saddle themselves. Participants will also take care of their mount after the ride, which may include untacking, brushing or applying liniment to the horse, as well as watering and bedding them down for the night. Participants are required to wear a certified helmet (provided) and appropriate riding boots (smooth sole with a heel - 3/4 - 1.5 inches is usually appropriate)

THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$50.00.

(DD) I'M LOST NOW WHAT?

Hands-on class covering basic mountain and desert survival: shelter, water and food. The class will create a mock survival camp. This class covers planning, protection and prevention skills for your next venture into the wild. Learn practical solutions for overnight survival in the wilderness. You will learn how to avoid emergencies in the out-of-doors, but still be prepared for them if they do occur. You will receive a booklet outlining basic survival rules and skills. Learn how to equip the ultimate field survival fanny pack and how to use it.

(EE) WILDERNESS MEDICINE

This is a first aid class with an emphasis on remote emergency situations. Learn how to prevent and treat common outdoor injuries such as heat and cold ailments, allergic reactions, gastrointestinal disorders, female- Female specific issues, and a host of others. In this class we will discuss useful items for a backcountry first aid kit, and you will learn how to create tools for medical emergencies using only the gear that you may have with you. In addition, there will be a section on identification of poisonous critters in Arizona as the local outdoors seems to be full of things that scratch, bite, and sting.

PHOTOGRAPHY:

(FF) OUTDOORS PHOTOGRAPHY

Beginning Photography: Basic terms like F-stop, shutter speed and depth of field will be addressed in this class. Discover how these concepts work together to give the outdoors photographer creative tools for better images. Time permitting; there will be a walk into the field to practice the new skills. Bring your camera and its instruction manual to class. Please read the instruction manual at least once before class.

WILDLIFE:

(GG) ARIZONA'S VANISHING HABITAT

The biggest threat to our wildlife is habitat loss. It comes from subdivisions, fires and drought. This class will touch on the historic and varied life zones of Arizona and the fascinating animals that live here. There will be an emphasis on riparian and water and grasslands. Learn about the restoration projects that have been done and how you and your family can be part of the next one.

(HH) BIRD WATCHING

There are over 800 species of birds to see and marvel at in the United States. Come learn how to use binoculars and field guides, locate and identify birds, and see your surroundings through new eyes. You will learn how to use a bird's distinguishing characteristics, behavior, and habitat in order to identify a species and understand how it lives. Because half the class is hands-on, you will venture out to put some of your newfound knowledge to the test and start a lifetime of birding enjoyment. Please bring binoculars and bird book if you have them. Participants are encouraged to take the morning bird walk at 6:00 a.m. Sat. or Sun. before breakfast.

(II) TRICK, TRACK AND TRAIL Learn how to identify wildlife 'sign' such as tracks and 'scats' and what foods, plant and animal, are important to Arizona wildlife. Participants will be instructed on how to interpret or 'read' wildlife tracks and sign and learn the fundamentals of observing wild animals, including tips on getting closer to wildlife and use of camouflage techniques. Attendees have the opportunity to make their own camouflage shirt with the materials they talk about and gather as they hike through the woods.

(LL) SELF DEFENSE: This class will provide you with the basics of Awareness, Avoidance, Verbal Strategies, and some physical techniques. Gym shoes or field boots are best to wear. Susan Baldwin from the Personal Protection Institute will be your instructor. Among many other accomplishments, she is a Retired Federal Agent, Combat Veteran and Reiki Master.