



Class Choices For April 26-28 BOW

Walking/Hiking/Physical Exertion

Level 1 - Easy (a walk that is generally suitable for anyone)

Level 2 - Strolling (some simple inclines)

Level 3 - Moderate (terrain will involve a steady incline)

Level 4 - Strenuous: you might work up a sweat (terrain will involve a steep incline and may include rock scrambling)

ARCHERY:

ARCHERY 101 Level 2

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. Students are welcome to bring their own equipment.

BACKPACKING:

BACKPACKING/HIKING 101 Level 2

Despite what the glossy magazine pictures will show you, it isn't required that you spend two months of your annual salary on 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.

BACKPACKING/HIKING 102 Level 3

In the previous class you learned what is necessary to have a tranquil hike into the backcountry. Now, let's practice the skills of packing our pack, selecting a campsite, and throwing a bear bag. We will be out in the field for this session. Bring a day pack, two liters of water, a hat to shield you from the sun's rays, and wear comfortable shoes.

CAMPING:

BACK TO NATURE Level 2

Not simply a walk in the woods, getting back to nature is the conscious and contemplative practice of being immersed in the sights, sounds, and smells of the forest. You will find out how to immerse yourself in the forest, soak up the earth's natural energy, and learn meditative techniques of the senses to quiet the noise of everyday life.

BUILD THE HEAT Level 3 **NEW FOR 2024**

Fire Good! Well...if you build it correctly. This Class will cover rules and regulations of when and where you can build a campfire, how to build different types of campfires, and several ways to get one started and maintained. Then we will show you how to put it out and what you do to make sure it is out before you leave it.

DUTCH OVEN COOKING Level 1

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 and receive many great recipes to try.

OUTDOOR NITTY GRITTY Level 2

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? Come learn everything from knot tying to water purification to proper campsite placement for the best guard of wild animals. Low-impact practices, cat holes, blisters from hiking, sample first aid kits, and women's outdoor hygiene will also all be addressed. We'll have a show table of great outdoor resource books. *Questions are welcome prior to camp and will be answered in class. Registration will forward your questions.*

CLIMBING:

***Notice for all climbing classes: all students must have closed-toed shoes or boots with good traction and ankle support to participate. Seat harnesses available to students will fit a range of waist sizes between 23 and 45 inches. These classes are not recommended if you are pregnant, have had recent surgery, or have any weakened or injured muscles, joints, or bones that restrict you from off-trail hiking, climbing, or similar strenuous activities requiring full body motion. After all, to rappel you'll be walking backward off the side of a cliff while holding a rope!**

RAPPELLING 101 Level 4

Want to step beyond your comfort zone? Try rappelling! In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to fit into a seat harness. Students will practice 30-ft rappels on a 45-degree angle cliff located on the campground. All gear is provided.

RAPPELLING 102 Level 4

A continuation of Rappelling 101 with a greater degree of difficulty. Students will hone their skills and practice multiple 25-ft rappels on a vertical cliff away from camp. Students will also learn how to tie various rope knots for climbing and rappelling. All gear is provided. ***Prerequisite: Rappelling 101.***

RAPPELLING 103 Level 4

Ready for the big wall? This class is hosted at nearby Watson Lake Park with 60-ft vertical rappels (and a somewhat strenuous hike back to the top). This rappel is great fun and a real confidence builder! All gear is provided. Prerequisite: ***Rappelling 102 or Rappelling 101 (if heights don't bother you).***

ROPES CHALLENGE COURSE Level 4

The course consists of a series of group and individual confidence-building challenges that encourage cooperative problem-solving and individual risk-taking. Plus — it ends in a zipline! This course 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 in the course with extensive training.

FIREARMS:

BASIC FIREARM SAFETY Level 1 ***A prerequisite for shotgun, rifle, and handgun.***

This class will be held entirely in a classroom setting. Imperative for the novice and a refresher course for the more experienced shooter, this class covers basic gun safety, identifying different types of firearms and ammunition, range safety rules, protocols, how to handle a malfunction, and definitions of commonly used terms. ***There is no actual discharge of firearms in this class.***

RIFLE MARKSMANSHIP Level 1

This class will be held on the range. Students learn rifle handling and different shooting positions and techniques on paper targets using .22 caliber rimfire or air rifles. **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.**

BASIC SHOTGUN SHOOTING Level 1

Covers everything students need to know to become a competent wing shot or to enjoy a round of trap or skeet. Shotguns are 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.**

BASIC HANDGUN SHOOTING Level 2

This class will be held on the range. Participants will learn basic handgun safety and marksmanship. Ammunition and firearms are 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.**

HANDGUN MAINTENANCE Level 1

By the end of this course the student will be able to properly and safely field strip, clean, lubricate, and re-assemble the firearm(s) that were used in the handgun shooting session. Note that each firearm is different and certain techniques may be easier or more difficult with your particular firearm. The student must PRACTICE to know what works best for them and to ensure proper maintenance of their firearm. Remember there are many ways to clean and maintain firearms. It is up to the owner to know what the factory recommendations are for their firearm to not void warranties and/or damage their firearm. **Due to liability, NO personal firearms are allowed.**

FISHING:

BEGINNING FISHING Level 2

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish, and other species. Learn proper lure selection, the use of these lures, 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. No fishing license is required.

INTRO TO FLY-FISHING Level 2

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 and knot tying. The class is taught in an outdoor setting so bring clothing appropriate for the time of year, sunscreen, sunglasses, a hat, and 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.**

ADVANCED FLY-FISHING Level 3

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 and concentrates on float tube safety. The class is limited to 2 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, and 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:

BUTCHERING BIG GAME Level 1

This is a hands-on class where you will learn how to process a big game animal. We will be using the carcass from the Field Dressing Big Game Class. Not for the squeamish.

BEGINNING HUNTING Level 3

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

FIELD DRESSING BIG GAME Level 2

OKAAYYYY... You asked for it! This is not a fashion show! Our BOW staff will demonstrate the proper way to field dress a big game animal. This class is not for the squeamish! You will be given the opportunity to get your hands dirty. We will be using a domestic goat or a lamb.

SAUSAGE MAKING Level 1

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. **Bring a cooler so that you can take home your efforts.**

OUTDOOR KNOWLEDGE:

BASIC LAND NAVIGATION Level 2

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 it for hiking, hunting, fishing, and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and determine their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instructions. This is a must for active outdoor enthusiasts who like to get off the trail.

AZ EDIBLE PLANTS Level 2

Plants have power — the power to feed us, heal us, and enchant us. In this class, we will walk the land getting to know the site's plants and their uses for our own physical and mental health and for the wildlife we share our planet with. We will make at least one tea, tincture, or salve from local native plants. Bring your camera and journal. All other materials provided.

KNOTS & KNIVES Level 1

In this hands-on class you will learn some basic useful knots for multiple uses like tying down loads. Learn a trucker hitch, a bowline, and a clove hitch — to name a few. You will also learn about different types of rope and what applications they are useful for. In the second half of the class, you will be sharpening knives using stones and V blocks. Bring a dull knife from home and we will see what happens.

NAME THAT ROCK Level 2 **BACK FOR 2024**

What makes up Arizona's geology? Why, rocks of course. There are also minerals like copper and gold, sometimes in the rocks. We have mountains made by volcanoes and earthquakes. And dirt (lots of dirt!). This class will have you digging in the dirt and loving it!

SALVE MAKING WITH LOCAL PLANTS Level 2 **NEW FOR 2024**

In this hands-on workshop participants will learn to make infused oils which will then be made into salve. The class will choose oils with different properties to include in their salve. We will scout for and collect local herbs that may be used to make our creations including pinyon sap. Learn how to use what grows around us in the wild and in gardens to create your personalized blends.

BRIDGES TO BOW WILD SKILLS Level 3

Empower yourself with skills that will help you be more confident and comfortable in the outdoors. In this class, you will learn to read the landscape and discover the resources at hand that can help you make fire, build shelter, and seek food and water in a wild setting. Whether for survival situations or inspired camping, the hands-on activities in this class will help you confidently face any outdoor situation with the best tools and the right attitude. *This class is only available for Bridges to BOW participants.*

WILDERNESS FIRST AID CARE Level 3

In the backcountry, what you do in the first five minutes matters. A lot. In fact, it could be the difference between life and death. This class focuses on what to do when a mishap happens and the Golden Hour of Care rests solely on your shoulders. If time permits, we will additionally talk about heat illness, foot care, and management of sprains/strains/fractures – all common backcountry injuries.

PADDLING SPORTS:

PADDLING SAFETY 101: KAYAKING CLASSROOM

This is a prerequisite for Paddling Safety 102. Safe, enjoyable paddling requires both knowledge and skill; this course will help you gain both. You will be provided with a wide variety of boating safety information through interactive activities and videos. With all of this fun, you won't even notice the easy paddling test at the end of class (hey ladies, no worries, no paddler is left behind, everyone passes the test), and you will receive a Paddlesports Education Card after completion of this session. This course is sanctioned by the National Association of State Boating Law Administrators and recognized by the U.S. Coast Guard and the State of Arizona.

PHOTOGRAPHY:

OUTDOORS PHOTOGRAPHY 101 Level 3

Start Getting Composed: Tell the story. Elevate yourself from simply “taking pretty pictures” to learning the secrets of designing artwork that engages, tells a story, and moves your audience. Did you know you can literally control which parts of your image the audience will see first, second, and last? You can control the mood, energy, and even how long someone gazes upon your work. Learn how to strategically use elements of composition and light to take your artistry to the next level. The class will be part classroom/part field with guidance. Gear: Any camera is welcome, even your cell phone.

OUTDOORS PHOTOGRAPHY 102 Level 3

Using your knowledge from the 101 class we take things a step further. Learn how to use the images to tell a story, advocate for conservation, or bring an issue you're passionate about to light. Learn to edit to bring the most important parts to life.

WILDLIFE:

ARIZONA WILDLIFE IDENTIFICATION – SIGN, SIGN, EVERYWHERE A SIGN (AZ Wildlife Tracking) Level 3

Develop and hone your skills in detecting, observing, and tracking wildlife. The signs are everywhere! Learn about some of the key wildlife species in Arizona including their individual life histories and where, when, and how to observe them. Most of this course will be outdoors where participants will learn how to identify animals and their activities by interpreting their tracks, scat, and other key signs.

BIRDING IDENTIFICATION Level 3

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. Most of the class is hands-on and 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 a 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.

GARDENING FOR WILDLIFE Level 3

From the common honeybee to the majestic elk, gardens are like supermarkets for wildlife. In this class, we will learn how different types of gardens can attract the wildlife you want, beautify your home, and offer physical and mental wellness for all. Participants will learn plant identification skills (bring your camera and/or

journals), (re)consider their comfort level with various species, and be inspired to certify your yard as a wildlife habitat.

SNAKES & REPTILES OF ARIZONA 101 **NEW FOR 2024**

Become familiar with common snakes and reptiles in Arizona and learn how to tell the difference between venomous and non-venomous. Learn the difference between Venom and Poison. Learn what to do, and not to do, if you encounter a venomous reptile. There will be live animals in this class. Overcome your fear of snakes. Knowledge is power!