

May 14-16, 2021

BOW Workshop

Class Descriptions

ARCHERY 101:

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.

CAMPING:

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.

CLIMBING:

RAPPELLING 101*

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*

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*

***Notice on the rappelling 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 will be walking backwards off a side of a cliff while holding a rope!**

ROPES CHALLENGE/CLIMBING WALL 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. ***THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$75.00.***

FIREARMS:

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.

RIFLE MARKSMANSHIP

Students learn rifle handling, shooting positions and techniques on paper targets using .22 caliber 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**

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.**

HANDGUN MAINTENANCE

By the end of this course the student will be able to properly and safely field strip, clean, lubricate and re-assemble their firearm(s). Note that each firearm is different and certain techniques you may find to be easier or more difficult with your particular firearm. The student must PRACTICE to know what works best of 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 as to not void warranties and/or damage their firearm.

FISHING:

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. **Fishing license is required. You can purchase a one day license at <https://www.azgfd.com/License/>**

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.**

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. Fishing license is required. You can purchase a one day license at <https://www.wazgfd.com/License/>**

HUNTING:

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.

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:

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.

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 pack and how to use it.

FIRST AID IN THE BACKCOUNTRY

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 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.

OUTDOOR ACTIVITIES:

GPS/GEOCACHING

Learn how to use your pocket-sized navigator to pinpoint your location, mark waypoints and navigate to distant points. The instructor will review the features to consider when choosing a receiver. Then, it is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech savvy family outside. You will take your new skills and your GPS to find “treasures” near the camp. If you own a GPS unit, please bring it to the class. Let us know if you need a loaner unit.

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.

BACKPACKING/HIKING 102

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.

DOWN TO EARTH SELF-CARE

Be in nature, connect with mother-earth, reduce stress, find clarity and refresh your mind. Good self-care is a key to reducing anxiety and cultivating a good relationship with oneself.

NATURE JOURNALING

We will be covering tips and tricks to help you preserve your memories of your visits to the Outdoors. From writing down observations, to photographing and drawing the things you see, you will be able to create short journal entries that will create a lifetime of stories to tell down the road. This in turn will help you develop a lifetime habit of recording your experiences.