

Class Descriptions For April 28-30 BOW

Walking/Hiking/Physical Exertion

Level 1 - Easy (a walk that 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)

ARIZONA WILDLIFE – SIGN, SIGN, EVERYWHERE A SIGN

(AZ Wildlife Tracking) Level 3

Develop and hone your skills of 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.

BIRD WATCHING 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, 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.

DEHYDRATED MEALS Level 1

Food is the next heaviest thing in your pack, and one of the hardest challenges. There are many prepared dehydrated meals out there but what about putting together your own? In this class we will be dehydrating some basic ingredients with the goal of producing our own meals for that DIY backpacking trip.

FIELD DRESSING 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 uhhh dirty. We will be using a domestic goat or a lamb. Not for the squeamish.

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 & 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.**

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 & concentrates on float tube safety. 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, 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.**

WARM WATER 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 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. No fishing license is required.

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. 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.*

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).***

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.**

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 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 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.

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.

FLY FISHING Level 3

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, we encourage you to bring it with you. AZ fishing license required.**

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 and protocols. How to handle a malfunction, and definitions of commonly used terms. ***A prerequisite for shotgun, rifle and handgun. There is no actual discharge of firearms in this class.***

HANDGUN BASICS Level 2

This class will be held on the range. 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 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 you may find to 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 as to not void warranties and/or damage their firearm. **Due to liability NO personal firearms allowed.**

BASIC SHOTGUN Level 1

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

RIFLE MARKSMANSHIP Level 1

This class will be held on the range. Students learn rifle handling, 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.**

PADDLING SAFETY 102: KAYAKING ON THE WATER Level 4

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. **Must complete the online kayaking course two week prior to camp.** <https://www.boaterexam.com/paddling/>

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. 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 farther. Learn how to use the images to tell a story, or advocate for conservation, or bring an issue you're passionate about to light. Learn to edit to bring the most important parts to life.

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. 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.

SELF DEFENSE: Level 4

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. *This class simulates real life situations, adult language is used.*

BEGINNING BOWHUNTING Level 3 NEW FOR 2023

This class is for the archer that is ready for the next step. You will learn about bowhunting, equipment, ethics, kinetic energy, broadhead selection, and how to get started. Then, we will do a 3D course where you will practice shooting from various distances, where to place the shot on an animal and how to shoot from real bowhunting situations like from your knees, from a seated position etc.. You may bring your own equipment if it is set up and sighted in.

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 as well receive many great recipes to try yourself.

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.

HOW TO MAKE A FOSSIL Level 2 NEW FOR 2023

Fossils come in all different shapes, sizes, colors, and ages. The trick to finding fossils is understanding how they form and the geologic processes that can affect them. In this class you will learn basic geologic principles and create your very own fossil. Dr Adam Marsh, the lead Paleontologist from the petrified Forest will be your instructor!

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 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.

BEGINNING ARCHERY 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.

BACK TO NATURE Level 2

Not simply a walk in the woods, it 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 use to quiet the noise of everyday life.

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.

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 sharpen knives using stones and V blocks. Bring a dull knife from home and we will see what happens.

MOUNTAIN BIKING 101 Level 4

Participants will be introduced to the basics of mountain biking through a short lecture about bikes and their basic elements. Each rider will be outfitted with a helmet and adjustments will be made to fit each bike to each participant. We will then ride on some local trails to complete the class. *No 1st time riders. All ladies must be able to ride a bike previous to arriving at camp*

WILDERNESS MEDICINE 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 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.

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.

*****WILD SKILLS CLASS IS FOR B2B STUDENTS ONLY**