



Outdoor Recreation School

District-wide
Call **763.694.7717** for more information

Our **mission** is to teach recreational activities that promote and enhance active outdoor lifestyles and foster a greater appreciation for the natural environment.

The Outdoor Recreation School has no boundaries! We welcome participants of all backgrounds and abilities. Instructors travel throughout the Park District to deliver hands-on outdoor adventure programming. We work with a diverse range of groups including schools, youth agencies, social clubs, businesses, adults and families. Our programs are customized for each group and can be adapted for individuals with disabilities.



Scholarships may be available to eligible groups. Inquire for more information.

Program Offerings for Spring/Summer/Fall

- Adaptive Mountain Biking/ Paddling
- American Indian Games
- Archery
- Camping Skills & Outdoor Cooking
- Canoeing
- Challenge Course/Teambuilding
- Disc Golf
- Fire Building
- Fishing
- Fly Fishing
- GPS and Geocaching
- Kayaking
- Log Rolling
- Maple Syruping
- Nordic Walking
- Orienteering and Map Reading Skills
- Primitive Survival Skills
- River Trips
- Rock Climbing
- Shelter Building & Survival Skills
- Stand-up Paddleboarding
- Slacklining
- Volunteer Opportunities

ThreeRiversParks.org
Stay up-to-date with Outdoor Recreation School happenings!
Follow us at [facebook.com/ThreeRiversORS](https://www.facebook.com/ThreeRiversORS)

Spring/Summer/Fall Program Descriptions

Contact us for details about specific programs



Adaptive Mountain Biking/Paddling – All of our programs can be adapted to accommodate varying skill levels and abilities. Our equipment includes adaptive paddle equipment, adaptive mountain bikes, and a mobi-mat to help wheelchairs across all terrains.

American Indian Games – Learn traditional American Indian games passed along as fun ways to sharpen the senses, stay strong, and build community!

Archery – NASP (National Archery in the Schools Program) trained instructors will guide you in learning how to safely shoot a compound bow. Safety, history, and proper shooting techniques will be covered in this lesson.

Camping Skills and Outdoor Cooking – Design your campsite for maximum comfort and minimum impact on the environment. Practice Leave No Trace ethics, select a site, set up a tent, and arrange for a safe and smart camp. Make a one-pot meal and try a tasty treat over the campfire.

Canoeing – Learn water safety, proper stroke techniques, and boat control. Practice your skills while exploring our lakes. Rescue techniques and trip planning are available.

Challenge Course/Teambuilding – Navigate our low ropes course by problem solving as a group to overcome the assigned obstacles. The goal is to effectively and efficiently work through the puzzle as a group.

Disc Golf – Learn to play the game of disc golf, including rules and etiquette, equipment, types of discs, and several throwing techniques. You do not need to be a Frisbee player to enjoy the satisfaction of rattling the chains when you hit the basket.

Fire Building – Learn all the different ways to make a safe fire in the outdoors and emergency survival situations. Try building fires with batteries, flint and steel and even magnesium!

Fishing – Learn beginning fishing techniques, proper casting, bait selection/baiting a hook, and fish biology of Minnesota. Learn how to safely take a fish off your hook.

Fly Fishing – Uncover the art and beauty of fly fishing. You will learn equipment selection, casting techniques, fly selection, where fish feed and local fishing holes.

GPS & Geocaching – Learn the basics of Global Positioning System (GPS) technology. Master the buttons and functions of GPS units, then head outside to hunt for hidden treasures.

Kayaking – Learn the basics of kayaking from qualified instructors custom tailored to your group's needs. Advanced lessons and kayak rolling are also available, as well as both adult and child-size kayaks.

Log Rolling (lake or pool) – Try out this exciting sport rooted in the history of the logging era in the Midwest. Log rolling is both safe and fun. Learning to stay atop the log improves balance, agility, concentration and core strength.

Maple Syruping – Tap a tree, collect sap, and boil it over a wood-burning stove to make and enjoy real maple syrup. Sample a true taste of spring. Available in March at French Park.

Nordic Walking – Use Nordic Walking poles to increase your heart rate and burn calories while decreasing impact on your joints. Hike through the park for a complete full body workout.

Orienteering and Map Reading Skills – Learn how to use a compass and map together and test your skills on our orienteering course. Go boldly and confidently into the woods.

Primitive Survival Skills – Discover the amazing outdoor survival skills that once linked all ancient people around the world, including primitive weaponry, cordage and fire-making.

River Trips – Our instructors will share cultural history and environmental impacts on our water ways while teaching river safety and basic paddling skills. Half-day and full-day trips are available on the Crow River, Minnehaha Creek, Minnesota River and Mississippi River.

Rock Climbing – Get an introduction to the sport of rock climbing with the 25-foot tall portable climbing wall. Come to the park or have the wall come to you for an exhilarating climbing experience.

Shelter Building & Survival Skills – Learn what it takes to survive in the wild. Work as a team to build a debris shelter.

Stand-up Paddleboarding – Try a new paddling/surfing hybrid adventure sport that offers an invigorating full body workout and an easy way to explore our waters. Class covers safety, strokes and board control.

Slacklining – Build your balance and confidence as you learn to walk on a narrow, flexible piece of webbing set low to the ground. Great for improving core strength, posture and concentration.

Volunteer Opportunities

Program Assistant Volunteers are needed to support staff during outdoor programs and events. If you enjoy working with people and being outdoors we've got opportunities for you. Training is also available. Contact Heather Gordon at 763.694.2052 or heather.gordon@ThreeRiversParks.org.