



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 Winter

- Adaptive Sit-Skiing
- American Indian Games
- Cold Weather Survival
- Cross-country Skiing
- GPS and Geocaching
- Ice Fishing
- Kicksledding
- Log Rolling (*in a pool*)
- Maple Syruping
- Nordic Walking
- Snow Shelters & Survival Skills
- Snowshoeing
- Teambuilding
- Volunteer Opportunities

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

Winter Program Descriptions

Contact us for details about specific programs



Adaptive Sit-Skiing – All of our programs can be adapted to accommodate varying skill-levels and abilities. Our equipment includes adaptive Nordic sit-skis, 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!

Cold Weather Survival - Prepare for your safety by learning key components of winter survival. Use your creativity to turn everyday objects into survival tools. Have fun in the winter!

Cross Country Skiing – Learn how to stride and glide, get up from a fall, stop, turn, and tackle hills. Get tips on gear, sizing, and staying warm. Take a trip on our beautiful trails.

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

Ice Fishing – Learn the tools, techniques, and laws of this uniquely northern pastime. We'll also discuss ice safety as we drop our lines and try our luck on the lake.

Kicksledding – Kicksleds were introduced in Nordic countries more than 100 years ago. With a few kicks into the snow or ice, the sleds gain speed and glide. The kicksled is a great way to have some winter fun and stay in shape.

Log Rolling (*in a 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. Come check out this up-and-coming sport!

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.

Snow Shelters & Survival Skills – Use the snow around you to stave off hypothermia and survive the winter. Work as a team to build an Athabaskan quinzee.

Snowshoeing – Enjoy an exhilarating guided snowshoe hike through the woods. Search for animal tracks or play games to develop technique.

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.

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.