



Outdoor Recreation School Venturing Programs

VENTURING 2009-10

TRPD is excited to offer programs designed specifically for Venturing Crews. These programs will give Venturing Crews the opportunity to expand their base of outdoor recreation skills in the beautiful setting of Three Rivers Parks. All of our programs are taught by experienced instructors and can be tailored to meet your crew's needs.

How it works: The following dates and locations have been reserved for the correlating program. To reserve a space for your crew, a crew leader must call and reserve the program at least three weeks in advance. Later bookings may be available but cannot be guaranteed.

Registration: Contact us at 763.694.7717. Each crew must register and pay as one group. Programs generally have a minimum of six participants. If your crew does not meet the minimum number, we may be able to match you with another crew.

Fees: All programs have set fee of \$8/participant, unless otherwise noted. The fees may increase for an off-site program. In certain cases, scholarships may be available.

Flexibility: Depending on instructor and facility availability, we may be able to adjust program times and locations to meet your crew's needs. Call for more information.

Do all participants need to be registered with a Venturing Crew? No. Bring your friends! This is a great opportunity to show them what Venturing is all about.

More questions? Contact Michael Gottschalk, Outdoor Recreation Specialist for Three Rivers Park District: 763.694.2052 or mgottschalk@threeriversparkdistrict.org

Unless otherwise noted, all Mon-Fri programs are scheduled for 4:30-6pm. All Sat and Sun programs, 1-2:30pm.

OCT 6 **BEGINNING KAYAKING**
OCT 8
OCT 12
OCT 18
Fulfills some of the requirements for the Venturing Outdoor Bronze Award. Minnesota is a paddler's paradise. Spend an afternoon learning the basics of kayaking, including paddle strokes and water safety with our friendly and knowledgeable instructors. Please bring a dry change of clothes and shoes that can get wet. Available at French Regional Park in Plymouth and Bryant Lake Regional Park in Eden Prairie.

OCT 19 **ARCHERY IN THE PARK**
OCT 29
NOV 3
NOV 8
Fulfills some of the requirements for the Venturing Outdoor Bronze Award. Have you dreamed of hitting the bulls-eye? Discover the best techniques for shooting a compound bow safely and accurately. Practice your new skills by shooting at stationary targets and balloons. Available at the archery ranges at Elm Creek Park Reserve in Maple Grove or Carver Park Reserve in Victoria. Portable targets may also be brought to other sites.

NOV 10 **GPS: CAPTURE THE FLAG**
NOV 12
NOV 16
NOV 22
Fulfills some of the requirements for the Venturing Outdoor Bronze Award. Capture the flag using billion dollar satellites! We'll start by covering the basics of Global Positioning Systems (GPS). After we've mastered the buttons and basic functions of the GPS unit, we'll head to the woods for some team competition. Available at French Regional Park in Plymouth and Hyland Lake Park Reserve in Bloomington.

DEC 10 **CROSS-COUNTRY SKIING**
DEC 14
JAN 4
JAN 17
FEB 9
FEB 18
Fulfills some of the requirements for the Venturing Outdoor Bronze Award. This beginner's classic ski class covers: striding, stopping, uphill and downhill techniques, and poling. Practice your skills on a ski trail. Ski rentals are available and can be paid for at the beginning of the lesson (\$4). Classes at Elm Creek Park Reserve have guaranteed man-made snow. Available at Elm Creek Park Reserve in Maple Grove from late November through early March. Depending on snow conditions, may also be available at French Regional Park in Plymouth, Hyland Lake Park Reserve in Bloomington, Baker Park Reserve in Maple Plain, and Clearly Lake Regional Park in Prior Lake.

APR 15 **DISC GOLF AND PICNIC**
APR 20 **NIGHT**
Disc golf courses are popping up all over. Fling yourself into the game! Discover your hidden tossing skills, learn how to keep score, and play a round on the wooded course. Equipment provided. Sheltered picnic area reserved for venturing crews. Bring your own food and picnic supplies.

Bryant Lake Disc Golf Course in Eden Prairie: Thu, Apr. 15, 6-8pm

Elm Creek Disc Golf Course in Maple Grove: Tue, Apr. 20, 6-8pm

MAY 4 **CANOE 101-MASTERING**
MAY 10 **THE BASICS**
MAY 13
MAY 16
Fulfills some of the requirements for the Venturing Outdoors Bronze Award. Learn canoeing skills in this beginners class, including equipment selection, basic strokes, and getting in and out of the canoe without tipping! Try out your new skills canoeing on a beautiful lake. Available at French Regional Park in Plymouth and Hyland Lake Park Reserve in Bloomington.



Three Rivers Park District was established in 1957 to manage regional parks and trails in the Twin Cities Metropolitan area. The Park District offers facilities for every season, including picnicking, swimming, creative play, boating, fishing, downhill skiing, snowboarding, golf, camping and sledding; extensive trails for hiking, biking, in-line skating, horseback riding, cross-country skiing and snowshoeing, as well as program sites for nature, recreation, historic and farm education.

MORE PROGRAM OFFERINGS

Programs offered throughout Three Rivers Park District depending on staff and facility availability. Contact Three Rivers at 763.694.7717 to inquire about possible dates and locations for your program.

POLES AND PADDLES-CANOEING AND FISHING

Combine two of Minnesota's favorite pastimes. We'll start with a quick refresher on paddle strokes and fishing technique before getting on the water with our poles.

CANOE 201: PADDLE STROKES AND RESCUES

After reviewing the basics, we'll add some more advanced strokes. We'll then focus on safety and practicing the use of throw-ropes, T-rescue, and Scoop Rescue techniques. Be prepared to get wet!

TREE PLANTING OR SHORELINE RESTORATION PROJECT (AVAILABILITY VARIES)

Work alongside Park District experts to make the world a little greener and our water a little cleaner! These projects are hands-on opportunities to leave your mark in the park.

SNOWSHOEING AND SNOW SHELTERS

Experience a real winter getaway as you learn about the history and designs of snowshoes. Strap on a pair for an exhilarating guided hike through the snow-covered woods (snowshoes provided). Work as a team to build an Athabaskan quinzhee.

MAPLE SYRUP 101 (AVAILABLE AT FRENCH PARK IN MARCH)

Sap to syrup! Tap a tree, collect the sap, and boil to make maple syrup. Make delicious maple sugar and discover how Native Americans and early pioneers used this gift of nature. Sample a true taste of spring!

PRIMITIVE SURVIVAL SKILLS

Try a spear thrower! Make your own rope! Start a fire without matches! Discover the amazing outdoor survival skills that once linked all ancient people around the world. Could you have survived?

COOKING IN YOUR CAMP

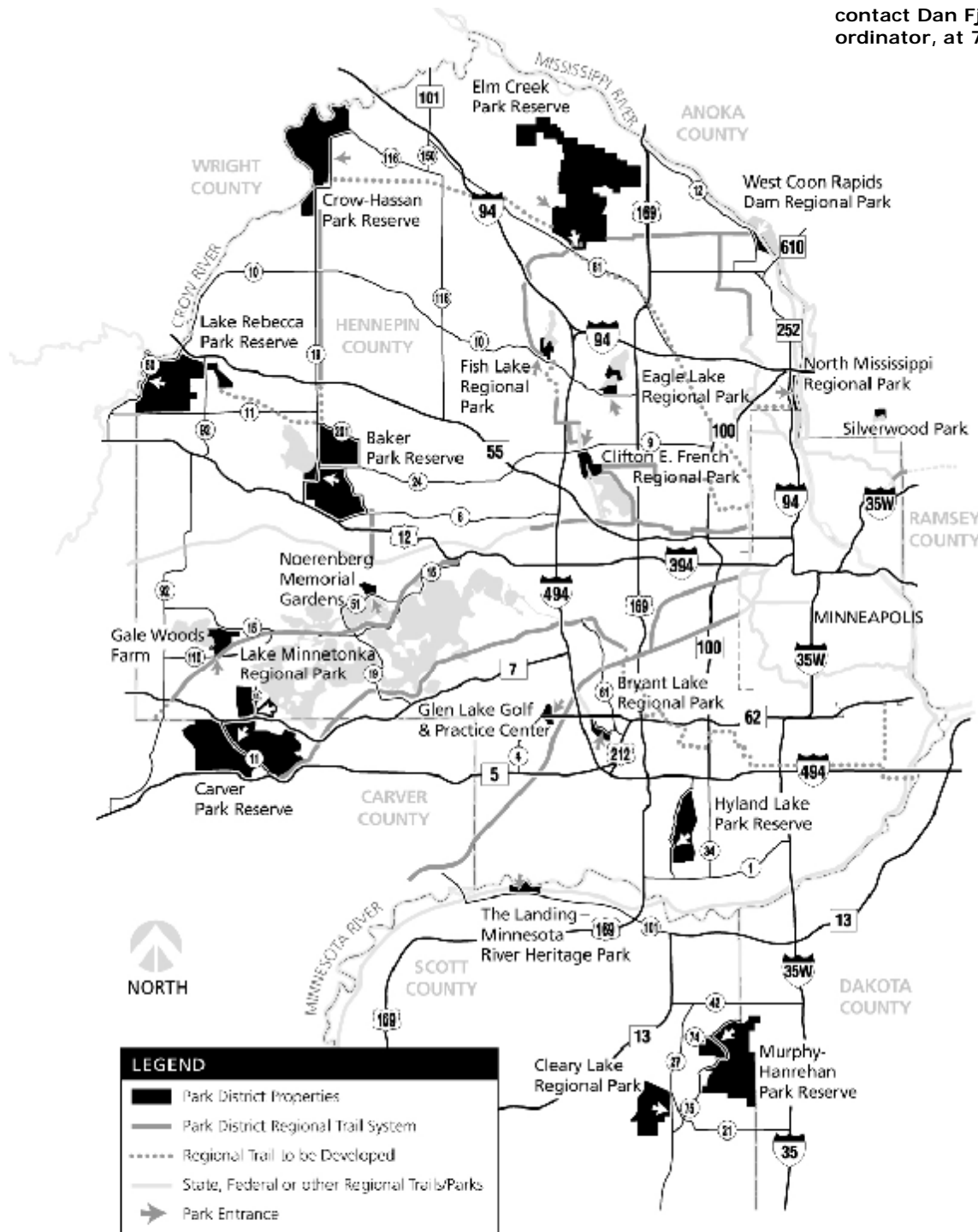
Prepare to feed yourself in any type of weather! Learn about different types of camp stoves and fuels and how they work. Set up your camp kitchen, cook a fun, simple meal and sample dehydrated food.

CHALLENGE COURSE ADVENTURE

Challenge your crew by journeying through a low ropes/challenge course together. Our course can lead you down many different paths: through the port-hole, over the wall, into the spider web, through the maze, or off the high falls. Our experienced instructors will guide you on this exciting adventure.

ROCK CLIMBING WALL

Come try our portable 25-foot rock climbing wall! With five different rock climbing routes to choose from, there is a challenge for every skill level. Can be combined with a challenge course program. **At French Park in Plymouth: total group fee of \$150. To inquire about fees and bookings at other locations, contact Dan Fjell, Climbing Wall Coordinator, at 763.694.7722.**



Visit us at ThreeRiversParks.org