

Becoming an Outdoor Family Winter Weekend

February 11-12, 2012 • Eagle Bluff ELC • Lanesboro, MN

Hands-on Beginning Outdoor Skills and Experiences for the Whole Family Bringing Families and the Great Outdoors Together

Becoming an Outdoors Family

Come and play in the winter wonderland surrounding Eagle Bluff! Activities include: snowshoeing, cross country skiing, ice fishing, rock climbing, and high ropes course! All activities will be led by qualified instructors from either Eagle Bluff or the DNR. Participants will stay in our comfortable dormitory (one family per room unless otherwise requested; rooms sleep up to 8 people) and eat freshly prepared meals in our Dining Hall. Get out and have some fun this winter!

Instructors begin each class with the basics, providing hands-on experience and encourage all participants to ask questions and try the skill.

We welcome all types of families to participate! Bring your grandchild, niece or nephew, scout troop, or big brother/sister group and join us. Outdoor family workshops are geared toward families that have children between the ages of 6 and 14. Younger children are welcomed to attend the weekend but will not be able to participate in classes.

Workshop Schedule

FRIDAY, FEBRUARY 10

Optional Friday night stay for additional fee of \$10/person. Meals are on your own and there are no scheduled activities.

SATURDAY, FEBRUARY 11

8:30 A.M. – 9:30 A.M.	Registration
9:30 A.M. – 10:00 A.M.	Welcome
10:00 A.M. – 12:00 P.M.	Saturday Session I
12:30 P.M. – 1:00 P.M.	Lunch
1:30 P.M. – 3:30 P.M.	Saturday Session II
4:00 P.M. – 5:00 P.M.	StarLab Program or Free Time
5:30 P.M. – 6:30 P.M.	Dinner
6:30 P.M. – 8:30 P.M.	Archery & Rock Climbing
8:30 P.M.	Campfire

SUNDAY, FEBRUARY 12

6:00 A.M. – 7:30 A.M.	Sunrise Snowshoe/Ski
8:00 A.M. – 9:00 A.M.	Breakfast
9:00 A.M. – 12:00 P.M.	Sunday Session
12:30 P.M. – 1:00 P.M.	Lunch
1:30 P.M.	Depart

For More Information

Please contact us if you have questions:

Megan Duffey, Eagle Bluff ELC

Phone: 1-888-800-9558

Email: camps@eagle-bluff.org

Linda Bylander, MN Dept. of Natural Resources

Phone: 218-833-8628

Email: linda.bylander@state.mn.us



Details

Workshop Details

Registration for classes is on a first-come, first-served basis. Class sizes will be kept small for a better learning experience. All participants will have the opportunity to experience all evening activities. On the registration form you will need to rank session preferences for Saturday and session choice for Sunday. All equipment is provided.

Workshop Fee

\$80 per person, OR

\$300 for family of four and \$75 for each additional family member. Fee includes lodging, all meals, class equipment and instruction.

Session activities are for adults and children ages 6 and older. Younger children are welcome during the weekend but cannot join the session classes. Fee includes lodging, all meals, class equipment and instruction. Lodging is dorm style with one family per dorm room with their own bathroom. Bring linens or sleeping bags, towels and personal items. All classes will go outdoors regardless of rain, shine, or snow!

Participants have the option of arriving on Friday night for an additional fee of \$10 per person. There are no meals or activities available on Friday or breakfast Saturday.

Confirmations Packet

A packet with class schedule, directions, packing list, and other necessary details will be mailed to you upon receiving registration materials.

Cancellation

If you cancel before January 6, 2012, full refund minus the non-refundable \$50 deposit. Cancel after January 6 and there will be no refund.

Supervision

One adult must be present with up to two children under age 16 in each session. Guardians are responsible for the supervision of their children at all times.

Family Scholarships

Scholarships are available to attend this event courtesy of the Rocky Mountain Elk Foundation. Please contact Linda Bylander at Linda.Bylander@dnr.state.mn.us or by phone, 218-833-8628.

Classes

Workshop Classes

SATURDAY SESSION OPTIONS

Air Gun: Learning how to properly use and respect guns is a great way to teach kids to be gun safe! Learn gun safety, how to hold a gun, proper shooting position and rules for shooting. Practice shooting targets with an air gun. (Indoor Activity)

Cross Country Skiing: Traversing on two skis is not only great exercise, but also an excellent way to observe the beauty of the winter landscape! Participants will learn the origin of cross-country skiing, the correct fitting and usage of the equipment, and a few skill techniques before hitting the snow.

Ice Fishing: Learn the basics of fishing in winter! We'll drill holes into a local pond and test out newly acquired skills.

Snowshoeing: Step into the shoes of one of human's oldest inventions! Understanding how to fit snowshoes correctly and learning a few basic skills are just the beginning as participants enjoy a frosty hike along the bluffs of the Root River.

SATURDAY EVENING ACTIVITIES

Archery: Learn about archery equipment and how to properly shoot a bow. We will use Matthews Genesis compound bows that have a very low draw weight so even 6-year-olds can be successful at this sport.

StarLab: Eagle Bluff has our very own planetarium! Participants will learn how our view of the constellations change with the seasons and hear some of the stories associated with constellations.

Rock Climbing: The indoor climbing wall is an excellent venue that promotes personal growth, self-confidence, and pride. Participants will learn the fundamentals of rock climbing as they strive to reach their climbing goals on a 30 foot-high wall.

SUNDAY SESSION OPTIONS

High Ropes Course: Try your hand at the treetops high ropes course. This course will exhilarate you and is a great personal challenge course.

Flora and Fauna Hike: Hike the beautiful trails of Eagle Bluff and learn about the plants and animals that live in the woods and in the water.

REGISTRATION FORM Becoming an Outdoor Family February 11 & 12, 2012

Please complete entire REGISTRATION FORM and mail it along with registration fee to:

Eagle Bluff ELC
Attn.: Megan Duffey
28097 Goodview Drive
Lanesboro, MN 55949

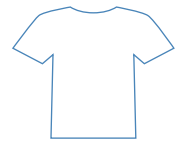
Call Eagle Bluff ELC Toll-Free at 1-888-800-9558

Name _____
Phone (Day) _____ Evening _____
Address _____
City _____ State _____ Zip _____
Email _____

Are you staying Friday night at the add'l charge of \$10 per person? YES _____ NO _____
If you are paying with a credit card: Credit Card # _____ Exp. Date _____

List the name of each family member coming to the event, even those too young to participate in the activities:

Adult 1:	_____	t-shirt size	_____
Adult 2:	_____	t-shirt size	_____
Child 1:	_____ Age _____	t-shirt size	_____
Child 2:	_____ Age _____	t-shirt size	_____
Child 3:	_____ Age _____	t-shirt size	_____
Child 4:	_____ Age _____	t-shirt size	_____



T-shirt Sizes:
Adult S, M, L, XL or
Youth S, M, L

Session Classes

On the chart below, use the letter next to each class name to indicate first, second, and third choice for the Saturday and Sunday sessions for each person in your family.

Saturday →

- A. Air Gun
- B. Cross-Country Skiing
- C. Ice Fishing
- D. Snowshoeing

Sunday →

- E. High Ropes Course
- F. Nature Hike

Participants will have the opportunity to attend all evening activities.

Name	Saturday			Sunday	
	C	A	B	E	F
Example: Jane Jones	1	2	3	1	2
_____	1	2	3	1	2
_____	1	2	3	1	2
_____	1	2	3	1	2
_____	1	2	3	1	2
_____	1	2	3	1	2
_____	1	2	3	1	2

Risk Release & Photo Permission:

The applicant by signing below recognizes that the program involves some risk and that your family takes responsibility for all action or injury that may result by participating and will sign a liability form.

Participants understand that photographs may be taken during the session and may be used for future support of the program.

Signature of parent/guardian: _____