Becoming an Outdoors Family

Becoming an Outdoor Family is a workshop focused on learning basic outdoor skills to help you and your family enjoy the outdoors. Skills taught are related to a variety of outdoor sports and recreational activities. Another goal is to provide families an opportunity to reconnect with each other and the great outdoors in a comfortable, safe and relaxed setting.

Expert instructors from both Eagle Bluff and Minnesota Department of Natural Resources will teach these classes. 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 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 Fee

$90 per person, OR $335 for family of four and $85 for each additional family member. Participants have the option of arriving on Friday night for an additional fee of $10/person. There are no activities scheduled for Friday night. A light breakfast will be available on Saturday morning.

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! Please dress appropriately for the weather.

Workshop Schedule

FRIDAY, JUNE 12
Optional Friday night stay for additional fee of $10/person. No evening activities scheduled. Light breakfast available on Saturday morning.

SATURDAY, JUNE 13
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.  Session 1
12:30 p.m. – 1:00 p.m.  Lunch
1:30 p.m. – 4:00 p.m.  Session 2
4:00 p.m. – 5:00 p.m.  Free Time
5:00 p.m. – 6:00 p.m.  Dinner
6:30 p.m. – 9:00 p.m.  Evening Activities

SUNDAY, JUNE 14
8:00 a.m. – 8:30 a.m.  Breakfast
9:00 a.m. – 11:30 a.m.  Session 3
11:30 a.m. – 12:30 p.m.  Gift Shop
12:00 p.m. – 12:30 p.m.  Lunch
1:00 p.m.  Depart

For More Information

Please contact us if you have questions:
Stephanie Davidson, Eagle Bluff ELC
Phone: (507) 467-2437 or toll-free 888-800-9558
Email: events@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.

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

Cancellation
If you cancel before May 22nd, 2015, you will receive a full refund minus the non-refundable $50 deposit. If you cancel after May 22, there will be no refund.

Supervision
One adult must be present with up to two children under age 18 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

ARCHERY (Session 1, 2)
Through hands-on target practice and friendly competition, participants will draw, aim, and fire. With a variety of bows to choose from, even a 6 year old can be successful at this sport.

POND EXPLORATION (Session 1)
Get a little muddy at Eagle Bluff’s pond! Discover what lives in the pond and learn about how these creatures survive with a naturalist guide. Nets, buckets, and other essential equipment provided.

FAMILY GEOCACHING (Session 1)
Navigate through the woods and fields to find hidden treasures at Eagle Bluff! Learn about the different locations you visit through activities and clues at each cache you find. A brief introduction to GPS Navigation will take place indoors before you head outside. GPS Units provided.

Workshop Classes continued

ROCK CLIMBING (Session 1)
The indoor rock climbing wall is an excellent venue that promotes personal growth, self-confidence, and pride. Eagle Bluff’s wall has 8 routes reaching 30 feet high for you to climb! *Adults attending will be trained in belaying techniques.

PIONEER LIFE (Session 2)
Live life as a pioneer in the 1850s! Visit our pioneer cabin, complete chores, play games, and eat like a pioneer. Take a step back in time and appreciate those that paved the way for settlement in Minnesota.

TREETOPS ROPES COURSE (Session 2, 3)
Traverse cables, wooden planks and beams, and a zip-line 30 feet above the ground! The West Course is great for ages 6 and up with an adult accompanying those under age 10. The East course is great for ages 10 and up and boosts fantastic views of the Root River!

MYSTERY CAVE (Session 2)
Travel to Mystery Cave at Forestville State Park and join a guided scenic tour through the cave. Dress for a cool day as temperatures in the cave are always around 48 degrees Fahrenheit. Learn about unique cave features and animals!

RIFLE RANGE (Session 3)
Learn gun safety, how to hold a rifle, and proper shooting fundamentals. Practice shooting at Eagle Bluff’s rifle range. *Due to the nature of the activity, we restrict this class to children age 8 and older.

SPIN CAST FISHING (Session 3)
Participants will have the chance to try the traditional method of spin cast fishing. Families will travel to the stocked ponds of Lanesboro to practice their newfound skills. Catch and release only.

SURVIVAL (Session 3)
Learn and practice survival techniques in the woods of Eagle Bluff! Build your shelter, start a fire, and discover what you need to do to survive!

Saturday Evening Activities

NATURE CRAFT
Be inspired by nature during this free flowing craft time. Create a treasured piece to take home and remember your trip!

CAMPFIRE
Warm up by a blazing campfire while enjoying an evening full skits, songs, and stories.

NIGHT HIKE
Join an Eagle Bluff instructor in a guided hike to explore the great outdoors at night!
REGISTRATION FORM  Becoming an Outdoor Family  June 13-14, 2015

Please complete entire REGISTRATION FORM and mail it along with registration fee to:
Eagle Bluff ELC
Attn: Stephanie Davidson
28097 Goodview Drive
Lanesboro, MN 55949

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

Name ____________________________________________  (Evening) ____________________________  (Cell) ____________________________
Phone (Day) ____________________________  State ____________________________________________
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 ____________________________
(American Express not accepted)

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
• Please rank classes for each member of your family for each session.
• For your first choice mark the number 1 in the appropriate column, second choice mark as 2, and so on.
• Please keep in mind that at least one adult must be with up to two children under the age of 18.

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<th>Family Geocaching</th>
<th>Rock Climbing</th>
<th>Pond Exploration</th>
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<th>Archery</th>
<th>West Treetops</th>
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<th>East Treetops</th>
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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: ____________________________________________