



BECOMING AN OUTDOORS FAMILY SUMMER WEEKEND

August 5-6, 2017 • Eagle Bluff ELC • Lanesboro, MN
Hands-on Basic Outdoor Skills and Experiences for the Whole Family

Bringing Families and the Great Outdoors Together

Becoming an Outdoors 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

FRI AUG. 4 - SAT AUG. 5 - SUN AUG. 6

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

SATURDAY, AUGUST 5

8:00 a.m. – 9:00 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, AUGUST 6

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:

Bridget Tonne, 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: 218-203-4347

Email: linda.bylander@state.mn.us

mndnr.gov

The Minnesota DNR prohibits discrimination in its programs and services based on race, color, creed, religion, national origin, sex, public assistance status, age, sexual orientation or disability. Persons with disabilities may request reasonable modifications to access or participate in DNR programs and services by contacting the DNR ADA Title II Coordinator at info.dnr@state.mn.us or 651-259-5488. Discrimination inquiries should be sent to Minnesota DNR, 500 Lafayette Road, St. Paul, MN 55155-4049; or Office of Civil Rights, U.S. Department of the Interior, 1849 C. Street NW, Washington, D.C. 20240.

Sign language interpretation or language translation services are available by request with two weeks notice by emailing info.dnr@state.mn.us or by calling 651-259-5016.

Copyright 2017, State of Minnesota, Department of Natural Resources.

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 July 21, 2017, you will receive a full refund minus the non-refundable \$50 deposit. If you cancel after July 21, 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@state.mn.us or by phone, 218-203-4347.

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.

FUNGUS AMONG US (SESSION 1)

Investigate the important role that decomposers play in the world. Participants will be amazed by the diversity of fungus as they search for and identify mushrooms, molds, crusts, and slime. They will witness decomposition in action and discover that our own food just wouldn't be the same without fungus.

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.

FAMILY GEOCACHING (SESSION 2)

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 (Global Positioning System). Navigation will take place indoors before you head outside. GPS Units provided.

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!

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 of 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 Outdoors Family August 5-6, 2017

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

Eagle Bluff ELC
 Attention: Bridget Tonne
 28097 Goodview Drive
 Lanesboro, MN 55949



Name _____

Phone (Day) _____ (Evening) _____ (Cell) _____

Address _____

City _____ State _____ Zip _____

Email _____

Are you staying Friday night at the additional 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: _____

Adult 2: _____

Child 1: _____ Age _____

Child 2: _____ Age _____

Child 3: _____ Age _____

Child 4: _____ Age _____

To guarantee a T-shirt your registration has to be received **prior to July 10th.**

T-shirt size _____

T-shirt size _____

T-shirt size _____

T-shirt size _____

T-shirt size _____

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.

Session 1	Archery	Fungus Among Us	Rock Climbing	Pond Exploration
Adult 1				
Adult 2				
Child 1				
Child 2				
Child 3				
Child 4				

Session 2	Archery	West Treetops	Pioneer Life	Family Geocaching
Adult 1				
Adult 2				
Child 1				
Child 2				
Child 3				
Child 4				

Session 3	Spin Cast Fishing	East Treetops	.22 Rifle Range	Survival
Adult 1				
Adult 2				
Child 1				
Child 2				
Child 3				
Child 4				

Risk release and 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: _____ Date: _____