

Women's Outdoor Weekend

Class Offerings

Archery:

Learn how to select bows, arrows, and other archery equipment. Participants will be introduced to "Instinctive" archery shooting techniques and will have the opportunity to hone their shooting skills at the range with instructor guidance. Class will be conducted rain or shine. Participants should wear appropriate foot gear (tennis shoes are okay, hiking shoes or boots are best) for shooting on the 3D Archery Range (no sandals). If you have your own bow/arrows you are more than welcome to bring it to the class for use on the range. Moderate (Min. 1 / Max. 10)

Awareness:

Learn to SEE, not just look by applying the elements of visual perception in a dynamic and interactive learning environment. This class will improve your situational awareness, self-confidence & self-reliance in the out-of-doors. A must do class for those who want to see what others don't.

Basic Camping:

If you would like to try camping but are not sure where to start, this is the class for you! Learn the basic skills and necessary equipment needed for a simple outing.

Basic Fishing: (Fishing License required for persons 16 and above)

Learn first hand what all the fuss is about. We'll cover basic types of fishing rods, reels and baits. Become proficient with casting. Then try your luck in Holiday Lake where the big ones live. (Leisurely) Min. 1 / Max. 6

Cold Weather Survival :

During a survival situation, cold weather can be a dangerous adversary – robbing you of the ability to think clearly and weakening your will to survive. You will learn invaluable skills, proper planning and appropriate equipment needed to better prepare yourself for the ultimate goal – surviving!

Handgun:

This session is for those who own a handgun, but aren't really comfortable with it. We will cover firearms safety, proper operation, markswomanship and cleaning. Learn how both pistols and revolvers operate. You will receive instruction in the fundamentals of handgun shooting and have the opportunity to shoot your handgun with professional coaching. Participants are to bring their own handgun/s and at least two boxes of target ammo for each firearm.

Kayaking:

Discover the joys of recreational kayaking! After a brief overview of equipment, safety issues and launching techniques, we'll hit the water. You will learn the strokes that will enable you to turn, go forward and in reverse, and to move your kayak sideways in the water. You may end up leaving with an insatiable desire to own a kayak! Moderate. Min.3 / Max. 15

Kayak Fishing:

Prerequisites: Kayaking course and some basic fishing knowledge.

Want to make your fishing experience even better? Is just paddling your kayak getting repetitious and boring? Combine these awesome activities! After a brief on-land safety talk, we will spend time on Holiday Lake trying to catch the Big One. How to secure gear and accessorize your kayak for fishing will be discussed. Fishing license is required. Due to the possibility of chilly weather, please wear synthetic material clothing and/or bring raingear to stay dry and warm.

Map and Compass:

What happens when your GPS unit fails? Do you know how to use a map and compass to navigate to a destination? This course covers the basics of map and compass navigation such as what's what on a map or compass, shooting bearings, determining distances and plotting and following a path of travel. After a short overview of skills the class will be outside for "hands-on" navigation in a woodland setting. Moderate. Min. 3 / max. 15

Orienteering:

Learn to determine your location, navigate to another location or compete in timed challenges using just a topographic map. No compass or GPS required.

Outdoor Cooking:

This class will include simple items to set up and use such as a propane stove, Dutch oven and a box oven. You'll learn ways to prepare and cook so you can make fresh and hearty main dishes, sides, and desserts as well as how to adapt prepared foods to cook outdoors. Display items will be available to handle beyond the ones we will actually use like tripods, grates, cans and others. Bring your questions and enthusiasm for this leisurely class. Leisurely. Min. 5 / Max. 12

Rifle:

In this beginners Rifle class learn the parts of the rifle, firearms safety, and shooting techniques. Then test your skills on the rifle range. (min. 6 // max. 16)

Self Defense:

The goal of this course is to provide defense instruction in order to increase your daily confidence levels, strengthen your ability to defend yourself if attacked, and heighten your situational awareness and foresight so that fighting is not always necessary! If you are interested in determining the best "fighting system" or martial art on the planet, then this is probably not the course for you! If, on the other hand, your goal is increase your self-confidence and ability to come home safely every day, then we have what you are looking for!

Class includes instruction in situational awareness, confrontation avoidance, physiological effects of stress (Fight or flight), mindset and brain set, self-defense tools (Not necessarily weapons) and targets, defensive/offensive movement and various simple tactics.

Class requirements: Open mind, Moderate fitness level and Comfortable clothes/shoes

Minimum number – N/A Maximum number – 10-12