

For each session (Session 1 and 2), you have 2 choices for class layout:

Pick one AB class OR pick one A class *and* one B class

SESSION 1		
Session 1AB (8-11:30am) Hiking Mtn Biking* Paddleboard* Fly Fishing**†	Session 1A (8-9:30am) Archery* Pellet Rifles* Shotguns** Fishing*† Intro to Birding	Session 1B (10-11:30am) Archery* Pellet Rifles* Shotguns** Fishing*† Leaf Art

SESSION 2		
Session 2AB (1:30-5:30pm) Dutch Oven Cooking Pine Needles & Basketry**	Session 2A (1:30-3:15pm) Archery* Pellet Rifles* Shotguns** Fishing*† Intro to Birding	Session 2B (3:45-5:30pm) Archery* Pellet Rifles* Shotguns** Fishing*† Beginner Nature Hike

*Course participants must be at least 8 years old

** Course participants must be at least 10 years old

† Participants age 16-65 must have valid fishing license

COURSE DESCRIPTIONS

Archery

This is a beginners Archery Class which provides step by step instruction on shooting a bow at targets, establishing a good understanding of range estimation, and archery safety. Learn how to fit and choose bows and arrows for yourself. Participants will have plenty of time to hone shooting skills at the bow range. Ages 8+

Beginner Nature Hike

Go on a guided hike and learn how to really *see* things along the trail. The beauty of nature is sometimes found in hidden places. Flip logs, identify critters, walk in a creek, identify plants, and look at nature with an adventurer's eye. Using all your senses, you will gain skills to become a pro at observing nature safely and with respect for our wild spaces.

Dutch Oven Cooking

Learn hands-on with the Alabama Dutch Oven Society how to cook a meal over an open fire using cast iron cookware to achieve gourmet taste in the outdoors. Learn a variety of techniques that will delight your palate. Prepare simple to elaborate recipes and then eat the results!

Fishing

Catch the fishing fever with this class and develop basic skills needed to catch fish: casting, tying knots, identifying fish and choosing equipment. Practice new skills on the state park's beautiful lakes.

Requirements: hat, glasses or sunglasses, and fishing license for participants aged 16-65. Ages 8+

Fly fishing

Have you ever wanted to catch 'em on a fly! Learn basic fly-casting techniques and learn about lines, leaders, knots and fly selection. Course taught and sponsored by Orvis. Requirements: hats, glasses or sunglasses, and fishing license for participants aged 16-65. Ages 10+

Hiking

After learning how to plan an enjoyable adventure, you will experience a guided hike in the beautiful wilds of the state park (approx. 2.5-3 mile round trip). Along the way, you may get to flip logs, identify critters, walk in a creek, identify plants, and look at nature with an adventurer's eye. Learn what to take along, what to leave behind, and how to pack it. This introductory class will teach you how to hike safely with respect for the environment. Learn how to layer your clothes for the weather, what to eat, what to drink, and other hiking essentials.

Intro to Birding

Oak Mountain State Park is the gateway to the Appalachian Highland Birding Trail. Join your birding instructor on a fun introduction to becoming a skilled birder! You will learn how to identify birds near and far by sound and visual clues. Become skilled in identifying many different birds by their field marks, habitat, feeding habits, and hear some interesting bird facts all while exploring Oak Mountain State Park's birding hotspots.

Leaf Art

Turn nature into a piece of art to take home. Artist Brittney Hughes will guide you through the process of taking leaves and making prints through a Native American technique used for centuries.

Mountain Biking

Discover a whole new way to enjoy trails! Mountain biking is growing in popularity and is a fun way to get in shape and enjoy the outdoors. Instructors will guide you through the steps to become a skilled mountain biker safely and responsibly. Ages 8+

Paddle Boarding

Have you ever wanted to stand on water? This is the class for you! Paddle boarding is a popular water sport among adults and children. Learn to stand on and use a paddle board correctly and enjoy time on the lake with highly skilled instructors from Flipside Water Sports! Whether you use a paddle board for fitness or for a relaxing day on the water, it is sure to be a fun experience. Ages 8+

Pellet Rifles

Learn firearms safety and basic marksmanship skills. Using pellet rifles you will enjoy fun and safe action on a firing range! Ages 8+

Pine Needles & Basketry

Learn the basics of pine needle basketry, an old craft with a long history. Join artist Brittney Hughes to learn the basic steps to making a coiled basket from longleaf pine needles. Each participant will learn the basic skills of pine needle basketry and take home their very own creation. The art of coiling baskets is universally common to indigenous peoples. Today, pine needle baskets and art are made primarily for decorative purposes. All materials (pine needles, thread, and small center for basket) will be furnished. Ages 10+

Shotgun

Learn the basic types of shotguns, as well as how to load, shoot, and clean shotguns. This class will teach you how to safely use a shotgun properly whether you will use it for skeet shooting or hunting. Ages 10+