



## Becoming an Outdoors-Woman 2024 Courses

**\*\*All courses are subject to change and/or cancellation\*\***

**All About Hunting: For the Beginners:** Hunting is one of the best ways to spend time outside. Understanding the heritage of hunting will provide you with a greater appreciation for wildlife conservation and understanding how hunting can help keep this heritage alive. This course will teach you about the different types of hunting, what game can be hunted, where and what to look for in hunting areas, as well as recommendations on the proper equipment and or gear that is needed. If you have an interest in hunting, but not sure where to start; then this class is for you! This course will begin in a classroom and then move outside for some hands on activities. Please dress appropriately for both settings and wear comfortable shoes

**ATV Rider Course:** This hands-on class emphasizes safety relating to riding an ATV (4-Wheeler). Learn about proper gear, environmental concerns, pre-ride inspections as well as proper maneuvers of these popular vehicles. You will learn to enjoy riding and handling an ATV in a proper and safe manner. **Please wear appropriate attire which MUST include long pants, long-sleeve shirt, and shoes that cover the ankle or you will not be permitted to participate.** ATV's will be provided.

**Backwoods Navigation:** You will learn how to find your way using basic tools of navigation – a compass and a map. Then you can test your skills with an activity out in the field. We'll also explore some modern tools that can make your phone a GPS unit with all the info you need for the backcountry. Make sure to dress appropriately for outdoor activities, and be ready to have some fun.

**Backyard Habitats:** Backyard habitat is simply a space with a combination of food, water, shelter, and plants in a configuration conducive to the needs of wildlife. Since everyone's backyard is a little different, this workshop will provide an introduction to backyard and wildlife habitats you can find in The Natural State or you can create or restore in your rural, urban or suburban backyards. An Arkansas Game and Fish Wildlife Biologist, by training, teams up with an Arkansas Natural Heritage Commission's Master Naturalist to provide direction, information and resources for restoration, establishment and maintenance, for your "backyard habitats" with an emphasis on native Arkansas species. This course will be held outdoors so please dress appropriately and wear shoes.

**Basic Archery Skills:** This is an introductory course for those who just wish to shoot a bow for fun or even those who want to start bow hunting. Under the guidance of a certified instructor, you will learn about archery, archery equipment and different techniques for target shooting. Participants will have an opportunity for hands-on bow shooting at an archery range. This course will be held in an indoor/outdoor atmosphere. Please dress appropriately and wear comfortable closed toe shoes.

**Basic Camping Skills:** Are you new to camping or has it been a while since you've been camping and you'd like a refresher? This course will teach you the basics of camping at established campgrounds and camping in more primitive settings. Topics we'll cover: selecting camping gear to match your camping trip, camping "must haves," campground etiquette, how to put up a tent, how to start a fire, camping activities for kids, and we'll make at least one campfire snack. We'll wrap up with a drawing for some camping-related door prizes. This course will be held outdoors so please dress appropriately and wear comfortable outdoor shoes.

**Basic Fishing Skills:** This class will offer hands-on instruction for choosing equipment as well as landing the fish. Learn the types of equipment available, knot tying, choosing bait & loading a reel. On-lake fishing time using spinning rods. Equipment is provided, but participants may also bring their own equipment. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings, bring sunscreen, and wear comfortable outdoor shoes. A FISHING LICENSE IS **REQUIRED** TO ATTEND THIS CLASS.

**Basic Fly Casting:** Fly Casting is the heart and soul of fly fishing. In this workshop you will learn the fundamentals of the basic "Pick-Up and Lay-Down", as well as the "Roll Cast". By the end of the session, you will be able to cast at least thirty feet--the distance at which most fish are caught. THIS CLASS IS A PREREQUISITE FOR THE BASIC FLY FISHING WORKSHOP. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes.

**Basic Fly Fishing (Prerequisite-Basic Fly Casting):** This is the workshop where the fly fishing magic happens. First, you will learn why fly fishing is one of the most effective ways to catch fish. Also, we'll cover what fish eat and what flies to use to imitate that food, how they behave, and what techniques to use to deceive them. You will also learn what all of that funny looking equipment is for and how to use it. Don't go shopping for a fly rod/reel outfit until you have attended this workshop because you will also learn what to buy. Then, we'll go out to the pond and put all of that information into practice. We go fly fishing and catch fish!! This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes. BASIC FLY-CASTING IS **PREREQUISITE** FOR THIS CLASS. A FISHING LICENSE IS **REQUIRED** TO ATTEND THIS CLASS.

**Basic Fly Tying:** Once you learn the basic fly tying steps, with a bit of practice you can tie just about any fly that exists or that you can imagine. In class we take a step-by-step approach to teach you these basic techniques and a hands-on session actually tying three different flies that you will tie and use to fish. All equipment and materials are provided (equipment is on loan for the workshop, of course). This course will be held in a classroom setting.

**Basic Trapping:** Learn the basics of furbearer trapping; the rules and regulations of trapping, equipment needed, trap preparation, how to make sets for “critters,” and what to do with your catch. This is a hands-on class so participants should be prepared to dig in the dirt. All equipment will be provided. This course will begin in a classroom and move outdoors near the stream. Please dress appropriately for both settings and wear comfortable closed toe shoes.

**Basic Pistol Safety:** You will be coached on shooting techniques and learn to shoot from different positions. You will learn about different types of handguns, their components and ammunitions. This is a hands-on class, and this course will be held outdoors. All participants are encouraged to have a Hunter’s Education card.\*\* (See note below) Please dress appropriately and wear comfortable closed toe shoes.

**Becoming a Locavore, Freezer to Plate:** Being a locavore is a lifestyle using sustainable and renewable resources, one such way is by harvesting and consuming wild game. Wild game is a great source of protein but can sometimes be intimidating to cook for the beginner. This hands-on course will provide you with the skills and knowledge to confidently cook breakfast, lunch, and dinner from various fish and wild game.

**Be Outdoor Safe and Secure-BOSS:** Don’t be afraid to walk alone on your favorite trail again. Learn how to protect yourself when enjoying the outdoors. This class will teach basic self-defense geared towards women. Learn techniques in awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that can enable you to successfully escape, resist, and survive a physical attack. This class will offer hands-on instruction in basic self-defense techniques, surroundings awareness, psychological awareness, and verbal skills. Learn simple and effective techniques to ward off a physical attack regardless of strength, size, or previous training. This course will begin in a mat room and then move outdoors. Please dress appropriately.

**Birding:** Fledgling birders will learn to improve their birding skills. From spotting birds high in the canopy, hearing a bird sing in the distance, to seeing only a bird bottom as it flies away, we’ll learn tips for identifying birds in real-life conditions. We’ll do some birding in the field with traditional birding gear, but we’ll also discuss and use smartphone birding apps and learn how birding websites can enhance your birding experience. Binoculars and field guides will be provided. Bring your own smartphone or tablet if you’d like! This course will be held in a classroom then move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

**Boating and Trailering:** You will learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. You will have an opportunity to actually operate boats on the water and learn trailering first hand. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes.

**Deer Hunting 101:** This is a hands on class for any deer hunter, expert or beginner. We will cover basic biology, management, and upcoming hunting regulations. We will also cover hunting equipment, fall arrest systems, and deer stands. This is an all-around great class for discussing issues, regulations, and settling firelight disputes with hunting companions. This course will be held outdoors so please dress appropriately and wear comfortable outdoor shoes.

**Dutch oven cooking Basics:** Come out and enjoy a Dutch oven tradition. Workshop participants will learn the basics of outdoor cooking from learning how to prepare delicious recipes, leave no trace ethics, and even a little Dutch oven history in this old-fashioned cooking vessel. Be prepared to cook, taste, and go home with several recipes, some made with game meat.

**Intro to 3D Archery:** What is 3D archery? Generally, when an archer talks about 3D, they're referring to shooting at three-dimensional life-like targets – normally made from foam and situated in such a way as to simulate a true-to-life hunting experience. You will learn about the rules, scoring and how this helps in getting ready for the hunt. It is preferred that you have had an "Intro to Archery" class or know how to shoot a bow already. We will supply all equipment; please let us know if you need a bow and arrows and if you are right or left-handed.. This course is held in an outdoor setting. Please dress appropriately and wear comfortable closed toe shoes.

**Intro to Herpetology Class: Let's go Herping! (2-Part Class):** An exciting 2-part class that introduces you to reptiles and amphibians. First, you will learn the similarities of and differences between reptiles and amphibians, why they are important to the ecosystem, how they are suffering due to human activity, and misconceptions about them being dangerous or of little value. You will also learn about the dos and don'ts of herping so you can enjoy nature while keeping you and live organisms safe. The second part of this class provides a guided evening herping trip to find a few critters! Be sure to bring your walking shoes, bug spray, and camera! This class fills up fast so add it to your list! Participant **MUST BE PRESENT** for classroom portion to participate in field activity. This course will be held in an indoor/outdoor atmosphere. Please dress appropriately and wear comfortable closed toe shoes.

**Intro to Outdoor Photography:** This class will start in the classroom to discuss basic composition and lighting techniques to get great photographs. We will have cameras available (Most of today's smartphones are equipped with better cameras than our cameras) or bring your own. Please dress comfortably and wear good walking shoes as we will walk around the grounds taking photos.

**Intro to Scuba:** Bring your swimsuit and get your feet, hands and head wet learning if the pursuit of this underwater sport is for you. There is an exciting world just below the surface of our clear lakes and rivers waiting to be explored. You will have time in the classroom and the pool learning the proper way to use the equipment and about diving. All equipment is provided. This course offers an introduction to scuba diving; further training is needed to be a certified diver. Please wear a swimsuit under your clothes and bring a towel.

**Kayaking:** Learn basic paddling strokes, techniques, and equipment for the kayak. Instruction in safety that is important to the sport will be included. You will have an opportunity to try out your new learned skills in kayaks on Lake Laverne. This course will be held outdoors. There is a chance of getting wet so please dress appropriately and bring extra clothes to change.

**Leave No Trace Awareness Workshop:** We all enjoy being outdoors but sometimes we forget about the impact left behind. Join a Leave No Trace Master Educator to learn about the mission of LNT and how to enjoy the outdoors responsibly. Participants will learn the seven principles of Leave No Trace through skill-building activities. Other activities will include prepping the ultimate backcountry kitchen, water filtration, "potty talk", safety, campsite selection, and how to plan a trip. Upon completion of the workshop, all participants will receive an official awareness workshop certificate from Leave No Trace!

**Meet the Muzzleloaders:** Choosing to shoot and hunt with muzzleloading guns can greatly enhance your outdoor experiences, and participate in more hunting seasons. This class gives you the opportunity to get familiar with both traditional and modern muzzleloaders. You'll have the opportunity to load and fire flintlock, percussion, and inline modern guns. In addition you will get familiar with all the basic equipment needed to shoot, clean, and maintain muzzleloading rifles and smoothbores.

**Nature/Hunting Observation Hike:** Nature is all around you. It doesn't matter if you are driving down the road or walking through the woods, you have the chance to come in contact with nature. This class will take a look at scat, signs, plant and animal identification, tracks and discuss how you can make the most of your outdoor experience. We will also discuss Leave No Trace principles relating to different nature settings. Wear comfortable clothing and shoes, we plan to roam in the woods for part of the class (weather permitting).

**Outdoor Knot Tying:** The outdoor knot class will present the students with a variety of useful knots. We live in a world of tarp straps, bungee cords, ratchet straps and supersized bread ties. Rope can be a great asset in the outdoors if you learn to tie proper knots. There will be 6-10 knots that will be discussed and students will learn hands-on practical applications for each.

**Outdoor Survival Skills:** Learn how to take care of yourself and others while enjoying the outdoors. Learn techniques that could save your life or the lives of others. This hands-on class will help you to be a better outdoors-woman. This course will begin in a classroom and move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

**50 Ways to Use Paracord:** Paracord is an essential item to have with you in the field and can be used in many survival and recreational situations. This hands-on class will demonstrate how to use paracord in ways you never imagined! We will also make keyrings, fishing lures and other useful items so you'll always have some on hand.

**Rifle Markswomanship:** You will be coached on shooting techniques and learn to shoot from different positions. You will learn about different rifles, their components and ammunitions. This is a hands-on class. All participants are encouraged to have a Hunter's Education card.\*\* (See note below) This course will be held outdoors. Please dress appropriately and wear comfortable closed toe shoes.

**Small game 101:Field to Freezer:** Small game hunting is a great way to get out and enjoy the Natural State, but what do you do once you have harvested some game? In this class, participants will learn the basics of field care, cleaning and processing of commonly hunted small game. Participants will also learn how to package their harvest to get the most shelf life possible out of your hard earned prize. Come dressed for the outdoors and prepare to get your hands dirty.

**Shotgun Basics:** Learn shotgun techniques with an emphasis on hunting and shooting sports. Learn proper stance and shooting techniques. There will be plenty of shooting practice at clay targets on the shotgun range. Shotguns and ammunition are provided. All participants are encouraged to have a Hunter's Education card.\*\* (See note below) This course will be held outdoors. Please dress appropriately and wear comfortable closed toe shoes.

**Turkey Hunting 101/Waterfowl 101:** Participants will have an opportunity to learn about the basics of waterfowl and turkey hunting. You will learn about equipment, appropriate camouflage, set-up techniques to improve your chances of harvesting birds, where to hunt, and the requirements to legally hunt. You will learn how to call turkeys and waterfowl using a variety of calls. Tips for viewing these magnificent birds will also be discussed. This course will begin in a classroom and move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

**Wild about Dutch Oven Cooking: Beyond the Basics:** Go beyond the basics in this Dutch Oven cooking class: applying various cooking methods, using wild game, and cooking complex recipes. Come hungry so you can taste-test all you cook! It is helpful if participants have basic Dutch Oven cooking skills or have attended the Dutch Oven Cooking Basics session.

**Wildlife Habitat Crafts:** Learn about wildlife habitats and what animals need to survive. In this age of upcycling and Pinterest ideas, we will look at what everyday items you can use to create healthy habitats for the wildlife around you. Students will learn how to make toad hotels, bird baths, and more!

\*\* A fishing license is required for Basic Fishing and Basic Fly Fishing. It can be purchased here: <https://ar-web.s3licensing.com/> .

\*\* A Hunter's Education card is **encouraged** for all shooting classes. Please remember to wear closed toe shoes for any shooting class. More information can be found at this link: <https://www.agfc.com/en/education/first-steps-outdoors/huntered/> .