

# **BOW Weekend June 2025 Class Catalog**

## **Walking/Hiking/Physical Exertion Key**

Low – light exertion if any

Moderate - a step up from easy but not extreme

Challenging - you might work up a sweat

## **Beginner Archery**

*Taught by: Michelle Seubert & Pepper Canterbury, Colorado Parks and Wildlife*

*Moderate-Challenging / Outdoors*

In this hands-on class, new archers will learn range safety including the range commands and range rules as well as the basics of proper shooting form and technique. We will be using a compound bow for this class. All equipment will be supplied and explained.

## **The Basics of Handgun Safety, Home Storage and the Attitude for owning a Handgun**

*Taught by: Vicki Vargas-Madrid & Mark Jennings, Denver Parks & Rec / Colorado Parks and Wildlife*

*Low / Indoors*

Students will leave this class with the basic knowledge, skills and attitude necessary for owning, storing and using a handgun safely.

## **Ropes Course, Rock Wall, & Zipline**

*Taught by: Easterseals Rocky Mountain Village*

*Challenging / Outdoors*

A complete ropes experience. The first 2 hours will consist of initiative games and an obstacle activity or two (no more than 2-3 feet off the ground). The final hour will consist of rock climbing and zip line! Please wear close toed shoes.

## **DIY Healing Salve**

*Taught by: Amy Propernick, Colorado Clays*

*Low / Indoor*

This class will discuss and demonstrate the process of creating tallow from beef fat. We will then talk about the healing benefits of plants especially Calendula, Chickweed, Plantain Leaf and Comfrey Leaf. We will infuse oil with the dried plants. Then we will create our own healing salve by combining tallow, infused oil and beeswax. Each participant will bring home their salve in a labeled tin.

## **You Harvested Your Game, Now What?**

*Taught by: Vicki Vargas-Madrid & Jennifer Standlee, Denver Parks & Rec / Colorado Parks and Wildlife*

*Low / Indoor*

What next, after harvesting your hard-earned animal? You'll learn the basic steps of caring for your animal, and preparing it for consumption, along with some tips for keeping your meat clean and healthy. Together the class will prepare a yummy game meat meal, using basic ingredients, following classroom discussion.

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## **Outdoor Survival Skills & Techniques**

*Taught by: Mark Jennings, Colorado Parks and Wildlife*

*Low-Moderate / Outdoors*

We will begin the journey of learning and honing the skills, knowledge, and the confidence to respond to a survival situation in the outdoor environment. Introduction to the basics of survival and what you need for every outdoor adventure. We will take an in-depth look at survival kits and what are the necessary components, how to use them and other thoughts on what's important!

## **Beginner Orienteering**

*Taught by: Pepper Canterbury, Colorado Parks and Wildlife*

*Low-Moderate / Outdoors*

We will begin with the basics of map and compass types, terminology, key elements and how to begin deciphering them. We will then take this knowledge to the land around us and apply our new skills in the natural environment. This is a beginner's course and there is no expectation of prior skill from our participants. All educational materials will be provided, please bring your own snacks, water, a backpack, and other personal items.

## **Orienteering 201**

*Taught by: Pepper Canterbury, Colorado Parks and Wildlife*

*Low-Moderate / Outdoors*

Building on the basics covered in the introductory class, we will explore advanced map reading strategies, orienteering challenges, and practical navigation exercises in diverse outdoor settings. This intermediate-level course is designed to enhance your proficiency in interpreting maps, understanding compass features, and navigating through varying terrain. Participants must have taken *Beginner Orienteering* or have prior orienteering experience to register for this class.

## **Birding 101**

*Taught by: Lark BenDaniel, Bird Conservancy of the Rockies*

*Low-Moderate / Outdoors*

Begin your day listening to bird song, exploring the subalpine ecosystem, and making new friends, during Bird Conservancy of the Rockies' bird watching outing! We'll begin by learning bird identification basics and familiarizing ourselves with the different montane species. With our binoculars, field guides, and spotting scopes in tow, we'll then venture out to give birding a go! By lunchtime you'll feel more centered, aware of the living things around you, and confident in your newfound skills. You'll walk away with bird identification techniques, improved observation skills, and enough fun bird facts to fuel a lifelong interest and to grow as a birder beyond this weekend. Getting into birding can be intimidating. This is a great place to begin!

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### **Women's Self Defense**

*Taught by: Vicki Vargas-Madrid & Jerrie McKee, Denver Parks & Rec / Colorado Parks and Wildlife Challenging / Indoors*

During this class, students will learn to be aware of potential threats around them, gain knowledge on how to minimize their chances of becoming victimized, and learn and practice moves and techniques to utilize if ever attacked/assaulted.

### **Hiking 101**

*Taught by: Danielle Piscatelli, Denver Parks & Rec  
Moderate-Challenging / Outdoors*

Hiking 101 is designed for individuals who would hike anywhere from 1-4 miles on relatively flat ground. But who are also interested in learning a little bit about being a good steward while on the trail. Learning points during the hike include basic trail etiquette; intro to Leave No Trace; potential flora & fauna identification pertaining to the area; what are 10 essentials & why they matter

### **The ABC's of Reading Animal Tracks & Sign**

*Taught by: Erin Angel, Cottonwood Institute  
Low-Moderate / Outdoors*

Students will get a feel for the basic language of tracking to enable them to read the stories our animal neighbors have left for us. You will learn animal movement patterns in a fun and engaging way. You will use your intuition to discover their behavior. You will leave the class with skills to help you be more connected to the animals in your own neighborhood.

### **Intro to Fly Fishing**

*Taught by: Mary Manka & Lydia Wickizer, Colorado Women Fly Fishers  
Moderate-Challenging / Outdoors*

Want to learn the basics of fly fishing? In this beginner's class, you will learn the necessary steps to rig your fly rod, some basic knots used in fishing, and how to cast. From there on, it's time on the water, sitting on the bank, enjoying the most gorgeous places in Colorado, and getting yourself rigged and fishing.

### **Fly Fishing 201**

*Taught by: Mary Manka & Lydia Wickizer, Colorado Women Fly Fishers  
Moderate-Challenging / Outdoors*

This class will take the next step from the *Intro to Fly Fishing* course and will cover "reading the water" – where fish are most likely to be holding in the water, and more depth on which flies to use. More advanced casting techniques will be shown. Participants must have taken *Intro to Fly Fishing* or have prior fly fishing experience to register for this class.

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### **Wilderness Safety Essentials**

*Taught by: Aimara Rodriguez, Latino Outdoors*

*Low-Moderate / Indoors & Outdoors*

This beginner-friendly class will provide participants with foundational wilderness safety skills to feel prepared and confident when spending time outdoors. Through a combination of interactive discussions, hands-on demonstrations, and group activities, participants will learn how to assess and respond to common outdoor injuries, create effective first aid kits, and apply practical first aid techniques. Topics covered include scene size-up, treating wounds, addressing heat-related and cold-related illnesses, altitude sickness, and developing skills for emergency response. By the end of the class, participants will feel more capable of handling unexpected situations on the trail and will leave with practical skills they can apply to future outdoor experiences.

### **Plant ID - including edible & medicinal uses**

*Taught by: Becky Ruzicka, Instructor/Researcher in the Dept. of Fish, Wildlife, and Conservation Biology at CSU*

*Low-Moderate / Outdoors*

Students of this class will learn how to identify the most common wildflowers, shrubs, and grasses of the Southern Rockies. We will focus on species that have special importance for wildlife habitat and/or edible and medicinal uses. Students will leave with an understanding of the specific characteristics to look for when identifying plants that they can apply to plants outside of what is covered in class and an appreciation for how plants can communicate the health of the ecosystem to us (if we are attuned enough to listen).

### **Plant ID 201**

*Taught by: Becky Ruzicka, Instructor/Researcher in the Dept. of Fish, Wildlife, and Conservation Biology at CSU*

*Low-Moderate / Outdoors*

In this intermediate class, students will build on foundational plant identification skills to explore a broader range of native wildflowers, shrubs, and grasses found in the Southern Rockies. We'll dive deeper into plant families, growth patterns, seasonal indicators, and subtle distinguishing features. Special attention will be given to ecological relationships, foraging ethics, and how to interpret plant communities as indicators of environmental health. Field-based observation and hands-on practice will be emphasized. This course is ideal for those who have completed our introductory class or have basic knowledge of plant ID. Please bring water, snacks, a notebook, and gear for time outdoors.

### **Wild Game Processing**

*Taught by: Cheryl Varela, Colorado Parks and Wildlife*

*Moderate / Indoors*

Students will learn how to field dress and process wild game meat. There will be different types of game (small and large) to skin and debone. You will learn about the different muscles groups and how to break them down to cooking portions during the process. Not for the squeamish!

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### **Sustainability, the Outdoors, and You!**

*Taught by: Ginny Sednek, Colorado Parks and Wildlife*

*Low / Indoors & Outdoors*

Join us for an interactive interpretive presentation called 'Show Respect, When Talkin' Trash' to learn how your trash has a history, and its future depends on you. The class will then move into how we can be more sustainable in the outdoors, sharing a fun way to remember the Leave No Trace principles, what you can do to reduce your impact, and providing resources on where to find reused gear. The class will close with a DIY deodorant-making tutorial. You are encouraged to bring a small (1 ounce) container from home to reuse, but all supplies will be provided if you forget. You will leave the class empowered to reduce your impact, energized to share resources with others, and with the know-how to make deodorant at home!