

Fall 2018 Programs

Forest Ridge Park

Adventure:

Wilderness Survival for Youth

Would you know what to do if you were stranded in the woods? Our skilled instructors will teach you the skills to stay safe and warm in shelter, build a fire, communicate a need through signaling and perform first aid. This hands-on, fun program takes place entirely outdoors. Please dress for the weather and wear comfortable walking shoes.

Age: 10-12, Fee \$15.00 Saturday, December 8 from 1-3:30 PM Rec Link Code: #226857

Bike Maintenance Clinic

Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty. Quality instruction and hands-on **experience**.

Age: 14 years & up, Fee \$15.00 Saturday, September 15 from 1-3:30 PM Rec Link Code: #226860

Intermediate Bike Maintenance

Ready for the next level of mending and maintaining your bike? In this intermediate clinic, we dive a little deeper into the functionality of your bike and how to keep it in great shape. Topics covered may include wheel, derailleur, and chain adjustments. This course presents topics with demonstrations and allows for practice on your own bike. Although we provide the tools make sure you bring your own bike and clothes that can get dirty. You'll be ready for the trail after you take advantage of our skilled instruction.

Age: 16 years & up, Fee \$15 Saturday, October 13 from 1-3 PM Rec Link Code: #226861

Orienteering Basics

Be the leaders of the pack. Learn the basics of land navigation, including map reading, compass use, land-feature identification and pace count. Participants will spend some time getting familiar with their new skills before heading into the forest and traversing a short orienteering course. This program takes place outdoors and participants should be prepared for the weather. All equipment will be provided; however, if you have your own compass you are encouraged to bring it along.

Age: 14 years and up, Fee \$10 Saturday, November from 1-3:30 PM Rec Link Code: #226586



Forest Ridge Park
2100 Old NC Highway 98
Wake Forest, NC 27587
(919) 556-6781



Adventure Movie Series

Be inspired on your next adventure! Join us in the Forest Ridge Park Welcome Center as we take in some of the most idyllic imagery and modern films focused on adventure and self-exploration. All films are selected for fun family viewing. Call the Park office for details on current showings and film durations. Pre registration is available but walk-ins are welcome.

All ages, All showings 3:30-5:30 PM

Saturday, November 3 (#226590)

Sunday, November 4 (#226591)

Saturday, December 1 (#226592)

Sunday, December 2 (#226593)

Friday, September 7 (#226964) Friday, October 5 (#226965)

Mountain Bike Basics

If you are interested in getting into the sport of mountain biking, this course is for you! This program will cover the essentials of mountain biking and include a guided trail ride. If you do not have your own equipment, bikes and helmets can be provided on a limited basis and must be reserved in advance by calling the Forest Ridge Park office 919-556-6781. Spots are limited, so register today!

Age 14 years and up, Fee \$10 All showings from 5-7 PM

Friday, September 7 (#226964) Friday, October 5 (#226965)

Take a Kid Mountain Biking Trail Ride

Join us for Take a Kid Mountain Biking Day for a ride with the whole family. This guided ride is designed for the whole family. The ride will start with a bike inspection and warm-up prior to setting out on the trail. Participants are encouraged to bring their own equipment, however, some loaner equipment is available on request. Spots are limited.

All ages, Fee \$4

Saturday, October 13 from 10- 11 AM (#226871)

Saturday, October 13 from 2-3 PM (#226872)

Arts:

Photography Club at Forest Ridge Park

Do you love taking pictures of nature? Are you looking for new and idyllic locations for your outdoor photo sessions? Use the expertise of our staff to show you some of the best locations in Forest Ridge Park. Locations may include wild-life habitat, lake views, and unique geologic features. This program creates a social atmosphere where photographers can share and learn together. All cameras welcome, participants are expected to bring their own equipment. Program takes place entirely outdoors so dress for the weather. Register for one of our morning or evening sessions.

Ages 16 years and up, Fee \$4

Wednesday, September 26 from 8-10 AM (#226578)

Wednesday, October 24 from 6:30-8:30 PM (#226579)

Wednesday, November 28 from 8- 10 AM (#226580)



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Wreath Creation at Forest Ridge Park

Get ready to decorate! Create a decorative wreath with real greenery provided from the park. This is a perfect opportunity to use your creativity, have family fun, and design a live wreath that will last through the winter months. Our instructors will hand select greenery as well as provide wreath frame, and tips on how to bring out the natural beauty. All materials are provided. Fun for the whole family, one wreath form per registrant.

All ages, Fee \$8 Tuesday, December 4 from 11 – 12 PM Rec Link Code: #226681

Fitness:

Mindfulness in Nature

Take a break from a hectic world and enjoy the calmness provided by a connection with nature. Designed for anyone with an open mind; we use the outdoors to rejuvenate mind, body, and spirit. This course will help relieve stress, clear the mind, or rekindle a relationship with the natural world. These sessions combine various mindfulness practices with the unique setting Forest Ridge Park has to offer.

Ages 18 years and up, Fee \$25 All sessions are from 9-10 AM

Saturday, September 29-October 3 (#226584) Saturday, November 3-17 (#226585)

Nature:

Digging into the Past

How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, youth will dig through dirt to find some dinosaur "fossils." They will create some mold fossils to take home along with a hatched dinosaur egg. Come join the fun as we learn about what fossils can tell us about the past!

Ages 3 to 6 years All sessions are from 11-11:30 AM

Tuesday, September 11 (#226970)

Tuesday, November 6 (#226873)

Jakes and Jennies Young Explorers Club

Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor-based programming. Activities include games and crafts that orient these young turkeys with their natural surroundings. Programs take place outside so dress for the weather. Toms and Hens (parents) are encouraged to participate with their children. Pre registration is recommended but not required.

Ages 3 to 6 years, Fee \$2 All sessions 9-10 AM

Wednesday, September 5 (#226563)

Wednesday, October 3 (#226564)

Wednesday, November 7 (#226565)

Wednesday, December 5 (#226566)

How Does Water Move?

There is no new water on the Earth. It is the ultimate recycled product. How do we use water everyday? Where does it come from? How do we clean it so it can be used over and over again? Through activities and a craft, youth will follow a drop of water through the natural and man made water cycle.

Ages 10-13 years , Fee \$2 All sessions 10– 12 PM

Saturday, September 15 (# 226874)

Saturday, October 6 (#226875)



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Animals in Motion

Take your best shot! This program introduces the use of wildlife cameras for viewing animals in their natural environment. In this two-session course, you will get tips on use and etiquette, location identification and setting up a camera trap. This course will start indoors and then move outdoors to set up cameras in the park. In the second session we will retrieve the cameras to see what we have captured. Dress for the weather and closed-toe shoes that can get messy.

Ages 12 years and up, Fee \$10 Thursday, October 11 and 18 from 1- 3 PM Rec Link Code: #226568

Skulls and Skins

Have you ever been outside and found an animal bone or claw or even a piece of fur and wondered about the animal that it left behind? Join park staff as we take a look and discover what that animal could have been.

Ages 4 years and up, Fee \$2 Saturday, September 22 from 10-12 PM Rec Link Code: #226880

Social:

Forest Ridge Fright Escape Room Group Experiences

Does your group have what it takes to escape in time? Make your reservations today for you and your friends to try your luck. This haunting escape room experience is designed for group of teens or adults and will push your problem-solving skills to the limit. Book your experience today. If these session dates don't work for you, call the park office to schedule a custom time. (919-556-6781) The recommended group size is 6-10. We'll see you at the start, but will you make it out before it's too late?

Fee \$50 All sessions from 6:30-8:30 PM

Saturday, October 20 (#226633)

Saturday, October 27 (#226634)

Forest Ridge Explorers

Explore and investigate all there is to see at Forest Ridge Park. Join us for guided walks as we discover the park's trails together and learn about the property's history, the name of the that strange plant, and observe wildlife that calls Forest Ridge home. This social outing incorporates all the wonders Forest Ridge Park has to offer. Walks are designed for all levels but do take place entirely outdoors and on varied terrain. All walks are held on the third Thursday of each month. Who knows what you will learn?

Age 18 years and up, Fee \$2 All are from 9-10:30 AM

Tuesday, September 18 (#226865)

Tuesday, October 16 (#226866)

Tuesday, November 27 (#226867)

Tuesday, December 18 (#226868)



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