

Winter Spring 2019 Programs

Forest Ridge Park

Adventure:

Fishing on the Banks

Have fun and learn to fish from the banks of Falls Lake! Join our experienced instructors as they lead the group through fishing techniques and etiquette before heading down to the water to test out your skills. This program is designed to introduce fishing terms and basic casting skills in a fun environment. All equipment and bait is provided but bring your pole if you'd like. Spots are limited to register soon to catch the big one!

Age: 10-12, Fee \$4

Thursday, March 28 from 4-6pm

Rec link #: 231466

Monday, April 15 from 4-6pm

Rec link #: 231467

Mini-Adventure Series

Make your Spring Break an Adventure! This mini-series will introduce many different adventure activities to youth over the course of 3 sessions. Activities may include wilderness survival skills, fishing, wildlife camera traps, or plant and animal identification. All sessions will take place in the outdoors so dress for the weather. Spots are limited so register today!

Age: 10-12, Fee \$45

Tu-Th, March 28 from 9am-12pm

Rec link #: 231468

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

Saturday, March 9 from 2:-5pm

Rec link #: 231476

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

Saturday, April 27 from 1-3pm

Rec link #: 231670



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Intermediate Bike Maintenance Clinic

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; register today!

Age: 16 years and up, Fee \$15 Saturday, February 23 from 1-3pm Rec link #: 231465

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 limit 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 Saturday, April 6 from 9am-11am Rec link #: 231478
Thursday, April 25 from 6-8pm Rec link #: 231479

Orienteering Basics

Be the leader 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. Now that you have registered, get started on the trail to your next backcountry adventure.

Age: 14 years and up, Fee \$5 Saturday, March 16 from 1-3pm Rec link #: 231669

Reach New Heights - Custom Teambuilding Sessions

Allow Forest Ridge Park to host your next teambuilding event for your work or community group. Our custom programs use innovative initiatives and proven theories to promote communication, cooperation, and problem solving for any group. Whether you are a newly formed group or an experienced unit facing challenges these sessions are for you. Spend time enjoying the outdoors and build cohesiveness rather than mulling over problems. Our team of experienced facilitators are excited to plan your next event at the park or at your location. All sessions are customized to fit your needs, timeframes, and budget. Program design does take time so call the Forest Ridge Park Office today! 919- 556-6781.

Age: All Ages, Fee \$12 Saturday, January 5 from 9-10am Rec link #: 231473



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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.

Register today or call the Forest Ridge Park office for more information.

Ages: 18 years and up, Fee \$25 (Residents) or \$40 (Non-Residents)

Fridays from 9-10am, March 29 - April 12 Rec link #: 231671

Nature:

Pop Up in the Park

On Tuesdays at 11:30 (weather permitting) at Shelter 1, join us for a thirty minute nature story and craft for kids. Registration is not required. You will sign in when you arrive! Kids of all ages are welcome!

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 interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Registration is recommended but not required.

Ages: 3 to 6 years, Fee: \$4

Wednesday, January 2 from 11am-12pm

Rec Link #: 231330

Wednesday, February 6 from 11am-12pm

Rec Link #: 231331

Wednesday, March 6 from 11am-12pm

Rec Link #: 231332

Wednesday, March 6 from 11am-12pm

Rec Link #: 231333



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Volcanic Action

Have you seen pictures of the Kilauea volcano lava flows? Do you know when lava cools you are left with igneous rocks? Do you know there is a lot of granite in North Carolina and at one time that was hot magma that cooled inside the earth to form the rock? Come learn about igneous rocks with an edible lab and slime project.

Age: 5-9 years, Fee \$2

Saturday, February 9 from 10-11:30am

Rec Link #: 231663

Saturday, April 13 from 10-11:30am

Rec Link #: 231664

Introduction to Birding

What kind of bird is that? In this program, participants will learn bird identification techniques. This program will start inside and then venture through the park to spot our feathered friends. Participants will receive field guides to take home of local birds. This is an outdoor event, and participants should dress for weather conditions. We will provide some binoculars, but you are encouraged to bring your own if you have them.

Age: 13 years and up, Fee \$10

Saturday, April 20 from 8-11am

Rec Link #: 231477

Photography Club

Do you love taking pictures of nature? Are you looking for new and idyllic locations for your outdoor photo session? Use the expertise of our staff to show you some of the best locations in Forest Ridge Park. Locations may include wildlife habitat, lake views and unique geological 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 today!

Age: 16 years and up, Fee \$4

Wednesday, January 30 from 8-10am

Rec Link #: 231469

Wednesday, February 27 from 4-6pm

Rec Link #: 231470

Wednesday, March 27 from 8-10am

Rec Link #: 231471

Wednesday, April 24 from 6-8pm

Rec Link #: 231472

Seasonal Tree ID

What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, 'What kind of tree is that?'

Age: 18 years and up, Fee \$10

Sunday, February 10 from 2-5pm

Rec Link #: 231474



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Wildlife in Motion

Take your best shot! This program introduces the use of trail cameras for wildlife viewing. In this two-session course you will get tips on use and etiquette, site selection, and how to set up a wildlife camera trap. The course will start indoors before moving outside to allow time to set up cameras in the park. On the second session we will retrieve the cameras to see what we've captured. This program will spend time outdoors; please dress accordingly. Meet at the Anne Gordon Center at 9:30 am for provided transportation to Forest Ridge Park. Sign up today to find out what critters are in your community.

Age: 18 years and up, Fee: \$5

Thursdays, March 14-21 from 10am-12pm

Rec Link #: 231958

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. The 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. Advance registration is recommended.

Age: 12 years and up, Fee: \$5 **Sundays, April 7-14 from 2-4pm**

Rec Link #: 231272

Earth Day Always

Celebrate Earth Day! Find out why you should celebrate Earth day, every day! Taking care of the environment means learning how to reduce our waste, how to reuse items, and how to recycle. Do you think about what you throw away? Come learn about being a good caretaker of the earth and create an item with all recycled items to take home!

Age: 3-10 years, Fee: \$2

Monday, April 22 from 5-6pm

Rec Link #: 231662

Groundhog Day Hike

Can the groundhog really predict upcoming weather? Join park staff as we learn more about this interesting animal and the myths and legends associated with it, all while enjoying a pleasant nature hike. Participants need to wear appropriate outdoor clothing and footwear.

Age: 3 years and up, Fee: \$2 **Saturday, February 2 from 9-11am**

Rec Link #: 231948



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Keeping on the Right Track

Have you ever seen a track in the dirt and wondered what animal it belongs to? Join park staff as we explore areas in the park to find tracks left by resident wildlife. Learn more about these animals and how to identify their tracks. Participants will also create their own local animal track cast to take home.

Age: 9 years and up, Fee \$12

Saturday, March 23 from 5-6pm

Rec Link #: 231475

Masters of Disguise

Do you know that adaptation is the key to survival in the wild? Successful animals and plants can hide really well through disguises. Come learn about camouflage, mimicry, blending and other ways to hide in plain sight. This program will include games and activities to see if you can find the hidden creatures as well as the creation of some camouflage artwork.

Age: 3-5 years, Fee \$2

Wednesday, January 16 from 10-11:30am

Rec Link #: 231660

Wednesday, March 13 from 10-11:30am

Rec Link #: 231661

Social:

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. Who knows what you might learn? These are the third Tuesdays of the month.

Ages: 18 years and up

9am-10:30 am

January 15

Rec link #231665

February 19

Rec link #231666

March 19

Rec link #231667

April 16

Rec link #231668

Make and Take:

Description: Fun for the whole family, these project-based programs allow you to create and construct a take home, useable craft. All projects allow you to connect your home with nature. Registration covers all the materials and equipment needed to complete the project from start to finish. Pre-registration required.

Age: 12 years and up, Fee: \$10

Saturday, January 26

Blue Bird Boxes 10 am-12 pm

Rec Link #: 231335

Friday, March 1

Stepping Stones 4—5 pm

Rec Link # 231336



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