

# Forest Ridge Park

## Fall 2019 (September-December)



### Adventure:

#### Adventure Days

Adventure Days are one-day mini-camps designed to get students outside during teacher workdays, while learning to challenge themselves and one another. Participants should come dressed for the outdoors, bring a lunch, two snacks, and a reusable water bottle. Canoe Day participants should bring swim clothes, towel, and close toed water shoes. Bike Day participants will be expected to bring their own bike, although some may be available upon request, and be comfortable riding up to 20 miles in 2-3 mile increments at a time.

**Age: 10-14, Fee: \$45**

**Fall Lake Canoe Expedition:            Monday, September 30            8 am-5 pm            Rec link: # 244472**

**Mountain Biking:                            Friday, November 1            8 am-5 pm            Rec link: # 244475**

#### 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 so register soon to catch the big one!

**Age: 10-12, Fee: \$6                    Saturday, October 19            10-11:30am            Rec link: # 244407**

#### Merit Badge Sessions at Forest Ridge Park — Pioneering Merit Badge

Earn your next merit badge at Forest Ridge Park. Sessions are designed to cover most of the material required for merit badges. Allow our experienced instructors to teach new skills while allowing for hands-on application. Equipment will be provided for all activities. Most time will be spent outdoors so dress for the topic and weather.

**Age: 12-18 yrs, Fee: \$15**

**Saturday, September 28            9 am-12 pm            Rec link: # 244459**

**Saturday, October 12            9 am-12 pm            Rec link: # 244476**

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## Adventure:

### 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. Sign up today for quality instruction and hands-on experience.

**Age: 12 yrs. & up, Fee: \$10      Saturday, September 14    1-3 pm      Rec link: # 244361**

### First Aid/CPR/AED Certification Course

Be prepared for emergencies with this First Aid, CPR, and AED certification course. Registration includes professional training with engaging learning material, a classroom session, and hands-on practice. First Aid and CPR certification is great to obtain for any outdoor enthusiast. Certification is subject to completion of course material. First Aid Certification is valid for 3 years but CPR needs annual updates.

**Age: 18 yrs. & up, Fee: \$75      Saturday, November 16    9am-3:30pm    Rec link: # 244455**

### Falls Lake Fridays

Did you know that Forest Ridge Park has almost 7 miles of waterfront along Falls Lake? Let's get out there and explore it. On Fridays this fall we will be loading up the boats and setting out to explore beautiful Falls Lake. Guarantee your spot today by preregistering online or drop in on a Friday evening to join us for a paddle. Paddling experience is not required, but participants should be comfortable in, on, or around the water. At least one adult is required to register per family group. Please come prepared with a water bottle, snacks, sunscreen, close toed water shoes, clothes that can get wet, a towel and a change of dry clothes.

**Age: 8yrs. & up, Fee: \$10**

<b>Friday, September 6</b>	<b>6 - 7:30 pm</b>	<b>Rec link: # 244392</b>
<b>Friday, September 13</b>	<b>6 - 7:30 pm</b>	<b>Rec link: # 244393</b>
<b>Friday, September 20</b>	<b>6 - 7:30 pm</b>	<b>Rec link: # 244394</b>
<b>Friday, October 4</b>	<b>6 - 7:30 pm</b>	<b>Rec link: # 244395</b>

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## Adventure:

### Take a Kid Mountain Biking Trail Ride

Join us for *Take A Kid Mountain Biking Day!* We will be hosting guided rides with Triangle Off-Road Cyclist. Our morning ride is designed for the whole family, while the afternoon ride is for teens. 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, loaner equipment is available on request. Pre-registration is encouraged but not required.

<b>Age: 6yrs. &amp; up</b>	<b>Saturday, October 5</b>	<b>10:30 am-12 pm</b>	<b>Rec link: # 244400</b>
	<b>Saturday, October 5</b>	<b>4-5:30 pm</b>	<b>Rec link: # 244402</b>

## Nature Education:

### 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 the 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!

<b>Age:3-6, Fee:\$6</b>	<b>Wednesday, October 9</b>	<b>10-11:30 am</b>	<b>Rec link: # 244404</b>
	<b>Wednesday, November 13</b>	<b>10 -11:30 am</b>	<b>Rec link: # 244405</b>

### 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.

<b>Age:3-6, Fee:\$3</b>	<b>Wednesday, September 4</b>	<b>10-11:30 am</b>	<b>Rec link: # 244339</b>
	<b>Wednesday, October 2</b>	<b>10-11:30 am</b>	<b>Rec link: # 244340</b>
	<b>Wednesday, November 6</b>	<b>10-11:30 am</b>	<b>Rec link: # 244341</b>
	<b>Wednesday, December 4</b>	<b>10-11:30 am</b>	<b>Rec link: # 244342</b>

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## Nature Education:

### Pollinator Chronicles: Life in the Garden

What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a health planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You create a tie dye butterfly to take home!

**Age: 4-7 yrs, Fee: \$3      Wednesday, September 11      10-11:30 am      Rec link: #244359**

### What is a Fossil?

What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they are formed. Children will leave with the fossils they find, mold, cast and track create. They will learn how each of these fossils formed long ago.

**Age: 3-6 yrs, Fee: \$3      Wednesday, October 23      10-11:30 am      Rec link: # 244415**

### All About Fossils

What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they are formed. Children will leave with the fossils they find, mold, cast and track create. They will learn how each of these fossils formed long ago.

**Age:7-10, Fee:\$3      Saturday, October 26      10-11:30 am      Rec link: # 244416**

### The Story at Falls Lake

Through storytelling and interactive participation, children will learn about Falls Lake and the animals that make the park home. Come join us on an adventure as we make props to participate in the stories of the area. Children will learn a little history and science and make some art.

**Age:4-7, Fee:\$3      Wednesday, September 25      10-11:30 AM      Rec Link: #244377**  
**Wednesday, October 16      10-11:30 AM      Rec Link: #244378**  
**Wednesday, November 20      10-11:30 AM      Rec Link: #244379**  
**Wednesday, December 18      10-11:30 AM      Rec Link: #244380**

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## Nature Education:

### 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 yrs. & up, Fee: \$10      Saturday, September 21    9-11 am      Rec link: #244383**

### 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 in addition to leaves, seeds and habitat. Participants will receive field guides for local trees to keep. This is an outdoor event, and you should dress for the 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 yrs. & up, Fee: \$10      Sunday, September 29    2-5 pm      Rec link: # 244517**

### Family Paddle

Come celebrate Take a Child Outside Week with us at Forest Ridge Park. We'll be loading up the canoes for an evening paddle to explore the wonders of Falls Lake. Guarantee your spot today by preregistering online. Paddling experience is not required, but participants should be comfortable in, on, or around the water. At least one adult is required to register per family group. Please come prepared with a water bottle, snacks, sunscreen, close toed water shoes, clothes that can get wet, a towel and a change of dry clothes.

**Age: 8yrs. & up      Friday, September 27      6-7:30 pm      Rec link: # 244397**

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## Arts:

### Make It & Take It: Wreath Creation

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 fun, and design a live wreath that will last through the winter months. Our instructors will hand select greenery, provide a wreath frame, and tips on how to bring out the natural beauty. All materials are provided. Pre-registration required.

**Age: 18 yrs.&up, Fee: \$14      Thursday, December 5      10 am-12 pm      Rec link: # 244438**

### Music of Nature

Musicians find inspiration and direct musical ideas from the natural world, offering endless variety of melodies and rhythms. Come tune-in as we share some tactics to capture ideas and listen to a few examples of how they can be incorporated into your own compositions. We will then explore locations in the park and practice capturing our own samples. Bring your own portable recording device if you have one, but you can just as easily use your personal cell phone. We will be walking some of our trails, so dress accordingly.

**Age: 16 yrs.&up, Fee: \$5      Sunday, November 3      2-4 pm      Rec link: # 244444**

## Social:

### Make It & Take It: Vivariums

Join us in this part-naturalist treasure hunt, part-crafting two-session course, where you can help the environment and take home your own handheld ecosystem. In the first session, we will search the woods for an old container that will host your vivarium. In the second session, we will collect plants you need to grow. Instruction will include guiding your through the process of constructing your own sealed vivarium. This program will have a variety of activities outdoors, so dress accordingly. All materials will be provided.

**Age: 16 yrs.&up, Fee: \$12      Thursday, Nov 7-14      10 am-12 pm      Rec link: # 244436**

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