

Forest Ridge Park

Winter-Spring 2020 (January– April)



Adventure:

Adventure Days

Adventure Days are one-day mini-camps designed to get students outside during teacher workdays. Each day will focus on exploring outdoor activities and learning about the great outdoors as they get outside, challenge themselves and one another. Participants should come dressed for the outdoors, bring a lunch, two snacks, and a reusable water bottle. For more information contact the Outdoor Recreation Program at (919) 996-6855 or adventure.program@raleighnc.gov

Age: 10-14, Fee: \$45

Hike and Climb:	Wednesday, January 29	8 am-5 pm	Rec link: # 249464
Outdoor Explorer:	Monday, March 9	8 am-5 pm	Rec link: # 249465

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: \$4	Tuesday, March 24	4 pm-6 pm	Rec link: # 249510
	Saturday, April 25	1 pm-3 pm	Rec link: # 249511

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, fishing, wildlife camera, or plant and animal identification. All sessions will take place in the outdoors so dress for the weather. Spots are limited, register today!

Age: 10-12 yrs, Fee: \$45	Mon-Wed, April 6-8	9 am-12 pm	Rec link: # 249512
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Adventure:

Off the Trail: Wilderness Survival Challenge

Come explore "Off the Trail!" Join us at Forest Ridge Park to learn basic orienteering skills and test your wilderness preparedness while you work with a team to compete against others in an 'Oregon Trail'-esque orienteering challenge. During this course, participants will learn how to read a map and a compass, learn basic wilderness survival skills and experience Forest Ridge Park's beautiful scenery and wildlife. Participants should dress for the outdoors in clothes they don't mind getting dirty. Bring bug spray and a reusable water bottle. If you have any questions, contact Outdoor Recreation Programs at (919) 996-6855 or adventure.programs@raleighnc.gov

Age: 10-12 yrs. Fee: \$10 Saturday, March 28 1-4 pm Rec link: # 249533

Merit Badge Program– Cycling

Merit Badge Programs are designed to focus on the Boy Scouts of America requirements and specific topics. Learn new skills with hands-on activities from experienced instructors. For more information call the Outdoor Recreation Programs office at (919) 996-6855 or adventure.programs@raleighnc.gov

Age: 9 yrs. & up, Fee: \$15 Saturday, March 21 1-5 pm Rec link: # 249513

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: 14 yrs. & up, Fee: \$10 Saturday, January 25 1-3 pm Rec link: # 249589
Saturday, March 28 1-3 pm Rec link: # 249601

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Adventure:

Guided Mountain Bike Ride

Let's hit the trail! Take this opportunity to get out and ride the trails at Forest Ridge Park. Our guides will take the group through a brief bike inspection and warm-up before riding the trails together. This ride is open to all levels; however, participants should be comfortable riding at least 3 miles of trail. Participants are encouraged to bring their own equipment. Loaner equipment is available upon request and must be reserved in advance.

Age: 16yrs. & up, Fee \$5 Saturday, April 4 1-3 pm Rec link: # 249534

Mountain Bike Basics

If you are interested in getting into the sport of mountain biking, this is the course for you! This program will cover the essentials of mountain biking and include a guided trail ride. Bikes and helmets can be provided on a limited basis and must be reserved in advance by calling the Forest Ridge Park Office at (919) 996-5800.

Age: 14 yrs. & up, Fee: \$10 Saturday, March 14 9-11 am Rec link: # 249507

Educational Programs:

Storytelling for Environmental Educators

Have you ever been mesmerized by a good storyteller, and perhaps even wished you could tell stories like that? In this workshop we will learn about the origins of storytelling, how to gauge your audience and many story telling techniques. This program is eligible for Criteria 3 and Continuing Education certification. Please come dressed to spend some time outdoors, bring a water bottle and a bag lunch. Coffee, tea and hot chocolate will be provided.

Age: 18 yrs. & up Tuesday, February 4 9 am—5 pm Rec link: # 249962

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Fitness:

Trail Running for New Runners

In this 9 week course we will use a Couch to 5K approach to work up to running for 30 minutes straight. Participants will receive a step-by-step plan to work from walking and jogging to running. We will meet once a week to discuss dimensions of trail running including posture, clothing and gear, as well as to motivate each other. Let's hit the trail!

Age: 16 yrs. & up, Fee:\$45 Mondays, Mar 9—May 4 6-7:30 pm Rec link: # 250020

Nature Education:

Digging into the Past

How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Learn the answers through fun games and hands-on activities. Youth will dig through dirt to find some dinosaur 'fossils.' They will create some molds of fossils to take home along with a hatched dinosaur egg. Come join the fun!

Age: 3-6, Fee: \$6	Monday, March 16	10-11:30 am	Rec link: # 249599
	Monday, April 13	10-11:30 am	Rec link: # 249600

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.

Age:3-6, Fee:\$3	Wednesday, January 8	10-11:30 am	Rec link: # 249583
	Wednesday, February 5	10-11:30 am	Rec link: # 249584
	Wednesday, March 4	10-11:30 am	Rec link: # 249585
	Wednesday, April 1	10-11:30 am	Rec link: # 249586

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Nature Education:

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 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, Fee:\$3 Monday, March 30 10-11:30 am Rec link: # 249595

Animal Survival

BRRR, it's cold and the trees are bare! There is less food available. How does life change in the winter forest? Some animals hibernate, some migrate, and some make changes in their lifestyle. Come learn about animal life and the adaptations animals make to survive!

Age:3-5, Fee:\$6	Saturday, January 11	10-11:30 am	Rec Link # 249604
	Wednesday, January 15	10-11:30 am	Rec Link: #249602
	Saturday, February 8	10-11:30 am	Rec Link: #249605
	Wednesday, February 12	10-11:30 am	Rec Link: #249603

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 of granite, formed by hot magma cooled inside the earth, in North Carolina? Come learn about igneous rocks with an edible lab and slime project!

Age:6-10, Fee:\$6	Saturday, March 7	10-11:30 am	Rec Link: #249597
	Saturday, April 11	10-11:30 am	Rec Link: #249598

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, April 4 9-11 am Rec link: #249587

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Nature Education:

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, February 9 2-5 pm Rec link: # 249588

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. Sign up today to find out what critters are in your community.

Age: 18 yrs. & up, Fee: \$5 Thursday March 12 & 19 10 am-12 pm Rec link: # 249581

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 yrs. & up, Fee: \$2 Sunday, February 2 9-11 am Rec link: # 250338

Make and Take: Blue Bird Boxes

Build a bluebird box that you can take home and post in your yard. This project-based program allows you to create and construct a take home, useable birdbox. Learn about bluebird habits and etiquette of hosting bluebirds. Registration covers all the materials and equipment needed to complete the project from start to finish. Pre-registration required.

Age: 18 yrs. & up, Fee: \$15 Thursday, January 23 10-12 am Rec link: # 249582

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