

## Becoming an Outdoors-Woman

### Class Descriptions

October 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>

**Birding** - Southern Illinois offers a large variety of birds to enjoy. Learn how to identify different species of birds through site and sound using tools such as field guides. Birding is a wonderful outdoor activity for all ages and abilities. Includes a trail hike.

**Canoeing** - Learning how to canoe might be easier than you think! Learn the basic parts of a canoe, different strokes and when to use each one, and how to carry and handle a canoe safely. Bring appropriate footwear and loose-fitting clothing. Includes canoeing on scenic Little Grassy Lake.

**\*\*Equestrian Care / Riding** - Experience the beauty of Giant City State Park on horseback! Learn the basics of how to ride a horse and everything it takes to prepare yourself and the horse for riding. Immerse yourself in the wildlife and natural splendor of the Shawnee Forest from the back of a seasoned trail horse. Includes a 45 minute trail ride. WEIGHT LIMIT: 250LBS. **Requires extra \$25 payable at workshop.**

**\*\*Firearm Safety** - The course will cover basic firearms, firearm safety, an introduction to selecting and purchasing firearms, and proper handling and storage with inoperable firearms. **This course is a prerequisite** for anyone who has not had the Hunter Safety Education course/card and wishes to shoot in a live fire class (handgun, rifle, squirrel hunting) later in workshop.

**Fishing Intro** – Are you interested in learning the basics of fishing but you're not sure where to start? This class will not only teach you to fish, but will better educate you on local fishing opportunities, and give you an understanding of and a greater appreciation for natural resources. Get tips on fish identification, baiting, lures, and casting. All gear and supplies will be provided.

**Girls with Power Tools** - Power tools may look and sound intimidating, but with the proper training, these tools can really save you time and money around the house and yard. Learn the different parts of power tools, safety, and how to operate.

**\*\*Handguns** - Learn the basics of selecting a handgun, handgun shooting, and self-protection. Firearms and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. Please contact BOW Coordinator if you plan to bring your own handgun. **BOW's Firearms Safety class or Hunter Safety Education Course is a prerequisite for this session.**

**High Ropes Course** - The high ropes course is three stories tall, with elements starting at 20 feet and reaching nearly 40 feet tall. It is a series of 11 obstacles that stretch between telephone poles securely anchored to the ground and home to a 30-foot-tall zip line that stretches over 100 yards. Participants are outfitted with all equipment necessary to safely participate – helmets and harnesses are provided. Trained facilitators guide groups through all elements and down the zip line while always maintaining safety standards.

**Hiking Giant City State Park** - Take a hike through beautiful Giant City State Park. Hike includes information on park history, botany, geology, and the incredible Streets of Giant City. Trail is moderate in difficulty. Hike is approximately 2 hours long.

**Kayaking** - You will learn all the tips you need to know for your first kayaking trip, from how to get into the kayak to how to paddle. This class is also great for those with a little experience, but who want to get on out on beautiful Little Grassy Lake. It's always a good day to be on the water! LIMITED SPACE

**Knotty Girls** - Knot tying is a skill that all outdoors women need to know. The real-world applications for knots are endless, especially in the great outdoors. Learn different types of knots and how to use them. Hands-on, fun class for anyone needing a new outdoor skill.

**Orienteering** - What happens when your GPS fails you while you're hiking, hunting, or just in an unfamiliar landscape. Learn how to find your way with a map and compass, just like the old timers. Includes practice on an orienteering course.

**Primitive Skills** - Go back in time and learn ways of the past. Try your hand at atlatl spear throwing, sling shots, tomahawk throwing and blow guns as well as how to witch for water. Learn basic knot tying, nature awareness and more. Discover nature by becoming part of nature by using primitive skills and tools.

**Reptiles/Amphibians** - Enjoy a guided hike along the famous "Snake Road" in the Shawnee National Forest in search of reptiles and amphibians. This will be a full day class and involve moderate hiking along a 2.7 mile gravel road through swamps and bluffs where snakes migrate from the swamps to their winter dens in the bluffs. Cameras are encouraged and closed toed shoes are a must (Hiking boots preferred) as venomous snakes are common in this area. We will also be scientists for a day as we collect data on the animals we see with special permits from the USFS. This class will be limited to 12 participants and lunch will be in the field between hikes.

**\*\*Rifle** - Learn the basics of rifle shooting. Try your marksmanship out on .22 caliber rifles up to .223 caliber rifles. Firearms and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. Please contact BOW Coordinator if you plan to bring your own gun. [BOW's Firearms Safety class or Hunter Safety Education Course is a prerequisite for this session.](#)

**Rock Climbing** - Top-rope rock climbing on the incredible sandstone bluffs of Southern Illinois! Participants will be taken to Giant City State Park. You will be outfitted in all the necessary safety gear – helmets and harnesses are provided. Groups can climb multiple routes throughout their scheduled time. On Belay! If you don't know what that means, you'll know after taking this class.

**Scouting Public Hunting Land** - Join the "Illinois Learn to Hunt" staff for an immersive hybrid class designed to transform your hunting experience by mastering the art of scouting public land. Whether you're a novice hunter looking to hone your skills or an experienced outdoorswoman seeking new strategies, this class led by seasoned hunters and wildlife biologists, offers a unique blend of classroom instruction and real-world application. You'll leave with a deeper understanding of the ecosystems you hunt in and the skills to scout effectively, giving you the edge in your next hunting...

...season. We will begin in the classroom for a portion of the class and transition to a short field trip to a nearby piece of public land for boots-on-the-ground scouting. Sturdy boots recommended.

**Sewing with Fur** – Introduction. You will learn about the different fur bearing animals available to harvest in Illinois and which furs work best for making garments. You will then be given a garment-quality soft tanned raccoon hide to work with. You will be taught how to properly mark, cut, and sew fur by hand. At the end of the class, you will have your own hand sewn raccoon fur hat to keep. All materials will be provided.

**\*\*Squirrel Hunting Intro**– Squirrels are the gateway critter for hunting! It's an easy way to get into the outdoors...without having to spend a lot of money on clothing and equipment or compete with other hunters. Squirrels are plentiful in the woods, and once you learn some strategies and tactics, you will be able to translate that into a successful hunt! We will start with an "intro to squirrel hunting" talk the night before. You will sample a tasty recipe while you learn about squirrel biology, habitat and hunting techniques. In the morning we will drive to a location in Giant City State Park, where we will break into small groups to head into the woods with a hunting guide. We will provide everything you need for this class, but you need to purchase your own hunting license and habitat stamp ahead of time. If you sign up for this class, BOW coordinator will reach out to you with more details. LIMITED SPACE. [BOW's Firearms Safety class or Hunter Safety Education Course is a prerequisite for this session.](#)

**Stand Up Paddle Board** - Experience the thrill of stand-up paddleboarding at Touch of Nature on the beautiful Little Grassy Lake! Join us for an unforgettable adventure where you can glide across the serene waters, soak in the stunning natural surroundings, and enjoy a great workout. Friendly and knowledgeable instructors will guide you through the basics, ensuring a fun and safe experience for all skill levels. Whether you're a seasoned paddler or a first-timer, come out and explore Little Grassy Lake from a whole new perspective! LIMITED SPACE

### **Trailer Made – The Art of Pulling and Backing Trailers -**

Have you ever been intimidated by the idea of driving with a trailer? This class will give you the foundation to feel confident doing so. You will learn in small groups, in a closed area. Topics covered include safety requirements, different hitches, how to couple/uncouple, securing cargo, towing different trailer types and how to back up safely in a variety of situations.

**Trapping Introduction** with “Illinois Learn to Hunt” - If you ever been interesting in trapping, this course is for you. One of the oldest types of hunting, trapping today is one of the most regulated outdoor activities you can do. We will go over all that you need to get started in this introductory level course detailing equipment for water and land trapping and practice setting small traps in the classroom. We will cover the highlights of trapping regulations and go through any questions you may have and spend some time on trap modifications and preparation. We will go over the suite of critters known as the furbearers and talk about how knowledge of their individual characteristics can help you to be more selective when trapping. We will talk about some of the most popular land and water sets for beaver, muskrat, coyote, fox, raccoon and more. We will discuss the trapping BMP’s (Best Management Practices) project that is ongoing through AFWA (Association of Fish and Wildlife Agencies) and show you how to look them up for yourself when picking out equipment. We will talk about furbearer use including meat, fur, glands and bones. There is a lot that goes into trapping, and we will try to touch on all of it in this introductory level course. Please be prepared to be outside with sturdy footwear. Bring gloves that fit well if you like.

**Walking Giant City State Park** - Go on an interpretive walk through beautiful Giant City State Park at a nice leisurely pace. Take in all the beauty around you while learning about the area’s flora, fauna, geology, and history.

### **Waterfowl Identification** with “Illinois Learn to Hunt” -

Dive into the fascinating world of waterfowl with our comprehensive hybrid class designed to teach you how to identify different waterfowl species with confidence. Whether you’re a beginner birder, an avid hunter, or a wildlife enthusiast, this class offers essential knowledge and skills to enhance your outdoor experiences. This class will begin indoors with a brief overview of species recognition, terminology, vocalizations, and ecology. After this indoor portion, we will transition to Crab Orchard National Wildlife Refuge for field identification. If you have optics (e.g., spotting scope, binoculars) feel free to bring them, we will have loaner equipment available.

**Yarn Spinning** - Learning about raw wool. A discussion on washing, dyeing, and combing the wool from different breeds of sheep, from next to skin soft, to rough old fashion wool. The hands-on part of the class includes learning to spin one ply wool to 2ply. You will go home with a handmade drop spindle and some soft wool to continue spinning at home. Spinning is very relaxing. Since this is a Sunday class you may leave early if you choose or just wind down.

**\*\*Zip Lining** - One of the fastest growing outdoor activities right now is zip lining. Zip lines are popping up all over the United States. If you’re adventurous, not afraid of heights, and maybe a little bit of an adrenalin junky...this class is for you. Located at Shawnee Bluffs Canopy Tour. Check it out on the internet. Weight limits: 70lbs to 270lbs. **Requires extra \$25 payable at workshop.**



**IF YOU REQUIRE ADDITIONAL CLASS INFORMATION, PLEASE CONTACT ME BEFORE SENDING IN YOUR REGISTRATION.**

THANK YOU.

Lisa Demeule BOW Coordinator  
217 782-7026

[Lisa.demeule@illinois.gov](mailto:Lisa.demeule@illinois.gov)