

### **Walking/Hiking/Physical Exertion**

Level 1 - Easy (a walk that is generally suitable for anyone)

Level 2 - Strolling (some simple inclines)

Level 3 – Moderate exertion (terrain will involve a steady incline if hiking)

Level 4 - Strenuous: you might work up a sweat (terrain will involve a steep incline and may include rock scrambling)

### **ARIZONA WILD FOODS (*Val Morrill*)**

#### *Level 1*

Tap into your inner locavore and learn about ancient and new wild foods in Arizona that are relevant to today's health-conscious and slow food movements. The session will cover the basics of identification, seasons and settings, safe and ethical collection, historic and current uses, methods of preparation, and valuable references to get you started. The material will touch on wild foods throughout the state, whether you're munching on mountaintops, grazing in grasslands, dining on deserts, or noshing around the neighborhood. Instruction will be held in both the classroom and field.

### **BIRDING MORNING SESSION (*Yuma Audubon*)**

#### *Level 2*

There are over 800 species of birds to see and marvel at in the United States. Yuma County has 394 on the official bird count checklist! Learn how to use binoculars and field guides, locate and identify birds, and see your surroundings through new eyes. Most of the class is hands-on. The morning class will hike the trails and paths of the East Wetlands possibly into the cottonwood section. Please bring binoculars and a bird book if you have them. Let us know if you need a loaner set of binoculars.

### **BIRDING (WETLANDS) AFTERNOON SESSION (*Yuma Audubon*)**

#### *Level 3*

The afternoon class will meet at Prison Hill with a couple of spotting scopes to check out the treetops and the Colorado River below. Leaves will have dropped so the views will be spectacular. You will walk along the bike path and drop into the park to check out some ponds where ducks and marsh birds should be. Please bring binoculars and a bird book if you have them. Let us know if you need a loaner set of binoculars.

### **GEOCACHING (*Yuma SWAG, Southwest Arizona Geocaching*)**

#### *Level 3*

It is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech-savvy family outside. You will take your new skills and your GPS or phone to find "treasures" along the river. If you own a GPS unit, please bring it to the class. We will have loaner units.

### **HERBAL SALVES (*Tara's Herbs*)**

#### *Level 1*

In this hands-on workshop participants will make one or two samples of an infused oil, a moisturizing cream, a pain relief salve, or a wound healing salve. Detailed instructions will be provided for creating your own, individualized herbal products. We will scout for and collect local herbs that may be used to make the potions.

Some local herbs demonstrated will be desert lavender, brittlebush, elephant tree, and cottonwood. Learn how to use what grows around us to create your personalized blends.

### **KAYAKING 101 (City of Yuma)**

#### *Level 3*

This program is designed to teach novices who have never used a kayak the skills and techniques to succeed and find confidence on the water. Whether it be fear of water, physical fitness, or any other barrier that stands in the way of each beginner kayaker, we will break through it and show that kayaking can be a rewarding and fun experience for everyone. This class is done in a crescent-shaped waterway that is cut off from the Colorado River. This means that there is no current in this section of the waterway, making it calm and ideal for beginners who have never kayaked before.

### **KAYAKING 102 (City of Yuma)**

#### *Level 4*

**For those who have kayaked before or taken the 101 class.** The City of Yuma Offers a tour down the historic Colorado River. This tour lasts approximately 3 hours and gives participants the chance to experience all of the wildlife, sights, and relaxation that a kayak trip down the river has to offer. All equipment will be provided including the kayak, paddle, and Personal Flotation Devices. Participants will be part of a safety briefing before the trip sets off.

### **KAYAK FISHING (AZ fishing license required — <https://license.azgfd.com/>) (City of Yuma)**

#### *Level 4*

#### **For those who have kayaked before**

Interested in getting out on the water in a kayak to get to a wider range of places to fish from? Kayak fishing can be a great, inexpensive way to expand your fishing opportunities. It is also quiet and less intrusive to the environment. Participants will be provided with all the gear and equipment needed for the class including a kayak, Fishing rod and reel, fishing rod holder, and bait. Instructors will guide participants on how to use the equipment, as well as use it while on the water in a kayak. Participants are free to roam the area and explore the smaller parts of the waterway where they feel there will be more fish. Instructors will be there to assist participants with questions or problems. This location has no current. There are little coves where there is lots of shade where fish hang out. There are LOTS of fish in this waterway, particularly largemouth bass, trout, catfish, and tilapia. A valid AZ fishing license is required.

### **FLYFISHING (AZ fishing license required — <https://license.azgfd.com/>) (Arizona Flycasters)**

#### *Level 2*

Specifically designed for those who have completed the Intro to Fly Fishing course or have some prior fly-fishing experience. There will be an opportunity to brush up on casting skills during the lunch break. This on-the-water workshop encourages participants to think like a fly fisher! We'll review & build upon basic skills so you can become more confident & capable of fishing independently. Participants should bring clothing suitable for the outdoors, a hat, sunglasses, sunscreen, and water. A valid AZ fishing license is required.

### **WARM WATER FISHING (AZGFD)**

#### *Level 1*

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish, and other species. You will learn useful knots and types of rod reel combinations that are easy to use and effective. Learn the most effective bait and fishing techniques for warm water species. With this knowledge, participants will be well prepared to catch fish in Arizona's warm waters.