



# **BIG SANDY WATER INSTITUTE**



## **2013 Summer Schedule**

*That in the end we will only conserve what we love; we will love only what we understand; and we will understand only what we are taught. baba dioum*

# SUMMER SCHEDULE 2013

Lifeguard  
on duty  
at all  
times.

## What to bring daily

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> bag lunch            | <input type="checkbox"/> sunglasses |
| <input type="checkbox"/> swim wear            | <input type="checkbox"/> sunscreen  |
| <input type="checkbox"/> change of clothes    | <input type="checkbox"/> hat        |
| <input type="checkbox"/> appropriate footwear | <input type="checkbox"/> bug spray  |
| <input type="checkbox"/> water bottle         | <input type="checkbox"/> towel      |

Don't forget  
bag lunch

## #EE001 - WILD ENCOUNTERS FAMILY FUN DAY (Rice Lake National Wildlife Refuge)

Friday, June 7 from 9am - 2:30pm

Activities will take place at Twin Lakes except fishing

A day filled with unique opportunities for families to enjoy together.

**9:00, 10:00 and 11:00 - Birding 101** - Learn how to use binoculars and get tips on how to become a "Birder", a hobby that will provide you with a lifetime of fun. Binoculars and bird guides will be provided or you may bring your own. Led by Warren Nelson, Birder and Wildlife Photographer.

**9:00 - 12:00 - Kids Krafts** - Assorted froggy, hoppy and slithering fun activities will be available throughout the morning for kids of all ages. Activities will be led by fun, loving volunteers. Be sure to attend the 1:00 program to see live frogs, toads and snakes!

**9:00, 10:00 and 11:00 - Nature Walk and Talk** - Use your natural senses as you enjoy the sights and sounds of nature along the trail with Master Naturalist Pam Brand.

**9:00, 10:00 and 11:00 - Nature Photography 101** - Bring your own camera and learn some tricks to taking better nature photos. Class to be led by an experienced/professional photographer.

**9:00 - 12:00 - Fishing Fun** - Fishing will be held at both north and south water control structures on the Rice River; fishing poles and bait are available for loan if needed. Experienced anglers will be on hand to assist. No fishing license needed for kids under the age of 16 and no license needed for parents or guardians fishing with kids under the age of 16 during this Take-A-Kid Fishing Weekend. Catch and release is encouraged.

**9:00 - 1:00 - Bird Mist Netting (capturing wild songbirds) and Bird Banding Demonstration** - An informative and up close encounter with real live biologists as they apply leg bands to songbirds captured while you lie in wait. Participants are strongly encouraged to ask questions.

**11:30 - 12:30 - FREE Picnic Lunch** at Twin Lakes; followed by an orientation to the Big Sandy Water Institute.

**1:00 - 2:30 - Leaping Frogs, Hopping Toads, and Slithering Snakes** - Get up close with live frogs, toads and snakes. Learn interesting facts on how these critters survive our looooong Minnesota winters! This program will be led by a naturalist from the Long Lake Conservation Center.



## #EE002 - RIVERS AND LAKES FAIR (Rippleside Elementary) Saturday, June 15 from 9am - 2pm

The River and Lakes Fair is a fun filled event where folks of all ages can learn about our natural resources. Programs will focus on Aquatic Invasive Species, Birding by Ear, and the Connection Between People and Water Quality. Kids will enjoy building blue birdhouses, carnival games and learning the art of fly tying. The fair will include free water testing for nitrates and an aquarium of live fish from local lakes.

### #EE003 – ANIMAL BEHAVIOR STUDIES AND ZOOKEEPER FOR THE DAY AT THE DULUTH ZOO (Duluth)

Monday, June 17 from 8:30am-3:30pm Age: 8 and up

Registration fee: \$5/student

Spend the day at the Duluth Zoo! At the zoo students will learn what it's like to be a field biologist as we uncover the mysterious lives of animals through observation and data recording. They will also experience what it's like to be a zookeeper! Students will have the opportunity to prepare bear diets, tour behind-the-scenes, examine x-rays, and more!

Students need to meet at McGregor School at 8:30am and picked back up at 3:30pm



### #EE004 – KAYAKING 101 AND SIX SNEAKY SALAMANDERS (Army Corps of Engineers)

Tuesday, June 18 from 9:30am – 3pm Age: 8 and up

Spend time in kayaks on the water with trained kayak instructors Hadrich and Garrett. Beginning kayak students will learn basic skills and safety for beginning kayaking. Intermediate kayak students will build off beginning kayak skills and safety previously learned. A



scavenger hunt on the water and more fun and games will take place while kayaking and learning.

Minnesota is home to 6 different species of salamanders and we are lucky enough to boast all of them in Aitkin County! However, chances are good that you have never seen any of them. Students will be given the opportunity to learn about salamanders and the habitats they depend on for survival in an up close and personal program that is designed to increase awareness of these somewhat elusive critters and the wetlands

that they need to survive.

Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am

Bus Return: Sather's 3:10pm; Willey's 3:15pm; McGregor School 3:20pm

### #EE005 – LET'S GO FISHING AND GARDENING PROGRAM (Lake Minnewawa)

Wednesday, June 19 from 9:30 – 3pm Ages: 8 and up

Explore the underwater habitat, learn about water stewardship, increase your fishing skills while learning how to cast a line, bait a hook and identify various species of fish. Fishing for pan fish on Lake Minnewawa with local anglers is a "favorite" for kids.

Spend the afternoon digging in the soil and learning the basics of gardening as we strive for 20% by 2020 meaning 20% of our consumables are locally grown by 2020. Let's get back to our grandpa and grandmas childhood where gardening and farming were a way of life.

Bus Pickup: McGregor School at 9:10am Bus Return: McGregor School 3:20pm



### #EE006 – SNAPPING TURTLE ECOLOGY (Army Corps of Engineers)

Monday, June 24 from 9:30 – 3pm Ages: 8 and up

Students will gain knowledge of snapping turtle ecology and reproduction physiology via slide show, local field trip and incubation of turtle eggs. Scientific data will be collected by the students to include day/date/time/ location of nest; nest site soil temperature and weather conditions, egg viability, mass and diameter; and incubation temperature of eggs. Students will go home with a turtle egg for incubation.

Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am

Bus Return: Sather's 3:10pm; Willey's 3:15pm; McGregor School 3:20pm



### #EE007 – FORESTRY AND ARCHERY (Long Lake Conservation Center)

**Tuesday, June 25 from 9:30am – 3pm Age: 8 and up**

Did you know that a forest is more than just trees! Let's spend the morning with Aitkin County Forestry Department discovering woods, wildlife and their different habitats. Students will find their way in the forest. They will learn if cutting trees is good or bad for the environment. This hands-on day will take students to places that will put them in touch with nature while learning how to protect our environment and the animal habitats.

The afternoon will be spent learning the proper mechanics of archery, field basics, history of archery and learning about the different

types of bows. This will be a hands-on session. Equipment will be provided. Please wear tennis or hiking shoes/boots, long pants and shirt; we will be in the woods. Bug spray would be useful!

**Bus Pickup: McGregor School at 9:10am Bus Return: McGregor School 3:20pm**

### #EE008 – BIRDS AND MAMMALS (School/Rice Lake National Wildlife Refuge)

**Wednesday, June 26 from 9:30am – 3pm Age: 8 and up**

Students will spend the day talking about the life of a bird and mammals. This day will include many hands on activities studying bird specimens and frozen mammal skins. The study of teeth, claws, coloration, body size/shape and how they are related to the type of lifestyle they have. Students will be listening to bird songs and calls and learning about things like "where does a bird sleep?" why do they sing?" and "why / when / how do they migrate?". Students will dissect some owl pellets and finish the day as they travel to the refuge to do some bird watching. Students may bring their own binoculars or we will provide them.

**Students need to meet at McGregor School at 9:30am and picked up at 3pm**



### #EE009 – SMALL WATERCRAFT CERTIFICATION & PORTABLE SAWMILL (Army Corps of Engineers)

**Monday, July 8 from 9:30am – 3pm Age: 8 and up**

Students will learn about various forms of impairment and stressors that can affect their boating skills. This interactive program will utilize the Corps of Engineers electric boats to demonstrate how the environment and alcohol can affect driving skills. Life jackets will be provided for students.

Students will also observe a portable sawmill; from a tree to a birdhouse all in one day. They will be hands-on building birdhouses from the trees that were cut into boards and then used to construct the birdhouse. They will go home with their newly constructed birdhouse for months of enjoyment to come.

**Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am**

**Bus Return: Sather's 3:10pm; Willey's 3:15pm; McGregor School 3:20pm**

### #EE010 – KAYAKING AND ORIENTEERING PROGRAM (Army Corps of Engineers)

**Tuesday, July 9 from 9:30 – 3pm Age: 8 and up**

Spend time in kayaks on the water with trained kayak instructors Hadrich and Garrett. Beginning kayak students will learn basic skills and safety for beginning kayaking. Intermediate kayak students will build off beginning kayak skills and safety previously learned. A scavenger hunt on the water and more fun and games will take place while kayaking and learning. North, South, East, West! Do you know your directions the best? Join Corps of Engineers Park Rangers to learn about the basics of using a compass. This program will provide a hands-on opportunity for students to practice their newly acquired orienteering skills as they navigate around the recreation area.

**Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am**

**Bus Return: Sather's 3:10pm; Willey's 3:15pm; McGregor School 3:20pm**



• • SEVERE WEATHER • •

Please call 218-768-2111 x233 for weather and class cancellation update.



**#EE011 – FISHING & ANIMAL ADAPTATIONS AND NATURE JOURNALING (Rice Lake National Wildlife Refuge)**

**Wednesday, July 10 from 9:30am – 3pm Age: 8 and up**

This program introduces students to the adaptations of several animals that call Rice Lake Refuge home. Ever wonder why a beaver has that tail? Dress up like one and find out! Students will play games to learn about the special features animals have and how their activities, behaviors, and body parts help the animal to survive. Participants will also fine-tune their observation skills on a short nature hike and receive a nature journal to take home. More fun

will be had when everyone is given the opportunity to catch fish in the Rice River. Fishing rods, bait, tackle will be provided and experienced anglers will offer assistance.

**Bus Pickup: McGregor School at 9:15am Bus Return: McGregor School 3:15pm**

**#EE012 – SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM (Savanna Portage State Park)**

**Monday, July 15 from 9:30am – 3pm Age: 8 and up**

Come discover what critters live in Loon Lake! Students will have time to wade in the lake and catch those critters for a pond study. Staff will give students an opportunity to look under small microscopes at creatures and returning them to their watery home when finished. For more exploration the morning will include a “Digital Bridge to Nature” inspired photography program. Students will explore nature through the lens of a camera.



During the afternoon hours students will spend time in the water snorkeling... peeking at lake creatures that share the waters when swimming. A hike around the lake wandering through the forest habitat identifying forest, prairies and wetlands is a must!



**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**

**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**

**#EE013 – WATERCRAFT CERTIFICATION COURSE (Army Corps of Engineers)**

**Tuesday, July 16 from 9:30 – 3pm Age: Must be 12 years and up**

**Registration fee: \$10/student**

Youth will receive instruction by Minnesota DNR for safe use of motorized personal watercraft, jetski and tiller/console operated boats. Classroom instruction will be held in the morning and the afternoon will be spent on the water. Participants passing the test on this date will receive their certification. A packet must be completed prior to taking the course. Packets will be mailed or can be picked up in the CE office once registered.

**Bus Pickup: McGregor School at 9:10am; Willey’s 9:15am; Sather’s 9:20am**

**Bus Return: Sather’s 3:10pm; Willey’s 3:15pm; McGregor School 3:20pm**



Unable to attend. Please notify in advance so another student on the waiting list may participate.

## #EE014 – OVERNIGHT CAMPING ADVENTURE (Savanna Portage State Park)

Wednesday and Thursday, July 17 & 18  
from 9:30am (18th) to 11am (19th)  
Age: 5th grade and up



WOW...adventures and fun while learning how to be stewards of our own environment. If you have never had the opportunity to camp this is your chance to experience the "great outdoors". Youth will be guided through the entire camping adventure. Activities will include paddling the

waters of Loon Lake in kayaks, learning the proper mechanics of archery, nature's art activities, swimming, cooking around an open fire, smores by the bonfire and of course learn how to set up and take down camp. This camping adventure will leave your child with many fond memories of the great outdoors and our BSWI staff and their friends. Please bring your tent, sleeping bag, a bag lunch (all other meals and snacks will be provided) and your outdoor clothing to include swimwear. No electronics are allowed!

**Bus Pickup: McGregor School at 9:10am; Willey's 9:15am; Sather's 9:20am**  
**Parents must pick child up at Savanna Portage State Park at 11am on the 19th at Loon Lake**

### What to bring camping!

- sleeping bag/pillow
- layered clothing (fleece shirt or wind breaker)
- rain gear
- bug repellent
- tent
- flashlight
- swim wear
- towel
- bag lunch
- change of clothes
- appropriate footwear

### What to NOT bring Camping!

- Electronics

## #EE015 – SWIMMING LESSONS (Round Lake)

Monday-Thursday; July 22 – 25 and July 29 – August 1

American Red Cross Water Safety Instructor: Shari Tetrick

Lifeguard: Jake Krezowski

Shari Tetrick, Water Safety Instructor brings you and your child 30+ years of experience working with youth and adults teaching swimming lessons. Your child will receive 30 minutes of water safety instruction and 15 minutes of practice and free time each day.

**12:15pm – Level 6:** Swimming and skill proficiency; refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

**11:30am – Level 5:** Stroke Refinement: provides further coordination and refinement of strokes.

**10:45am – Level 4:** Stroke Improvement: develops confidence in the skills learned and improves other aquatic skills.

**10:00pm – Level 3:** Stroke development; builds on the skills in Level 2 through additional guided practice in deeper waters.

**1:45pm – Level 2:** Fundamental Aquatic Skills; builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.

**1:00pm – Level 1:** Students must be 6 years old by 8/31/13. Introduction to Water Skills; helps students feel comfortable in the water and to enjoy the water safely.

Fee: \$55/person no more than \$140/family

Location: Round Lake Public Beach (Cty Rd 6)



## #EE016 – TOT SWIMMING LESSONS (Savanna Ridge Outdoor Pool)

Monday, July 29 – Wednesday, July 31 from 5:00 – 5:30pm

Ages: 3 years to 6 years old

Introduce your little one to water as certified water safety instructor Shari Tetrick and lifeguard Jake Krezowski spend time with you and your child in the warm pool at Savanna Ridge. Your child will learn how to splash, blow bubbles, paddle while gaining confidence in the water.

Fee: \$30/person

Location: Savanna Ridge (located off of C.R. 6 just past Bann's Restaurant)  
There is a changing area and gazebo for families to relax and enjoy.



Transportation is NOT provided for swimming lessons.

# REGISTRATION INFORMATION 2013

Student's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_ Field Trip Fee: \$ \_\_\_\_\_

List any activity restrictions, health problems and/or medications relating to your child.

## CONTRACT

I understand that every effort will be made to protect and safeguard all students. I agree not to hold Big Sandy Water Institute/ ISD #4 liable for any illness or mishap from any cause whatsoever. I also give the instructors/supervisors full authority in dealing with the problems of discipline. I understand that any student disregarding rules is subject to being sent home. I understand that any student who willfully destroys property will be held responsible and charged accordingly. I give ISD #4 permission to use comments, photos and video of the student named above in its promotional materials.

Parent/Guardian Signature \_\_\_\_\_

REGISTER  
YOURSELF  
FOR

- #EE001 - WILD ENCOUNTERS FAMILY FUN DAY
- #EE002 - RIVERS AND LAKES FAIR
- #EE003 - ANIMAL BEHAVIOR STUDIES AND ZOOKEEPER  
FOR THE DAY AT THE DULUTH ZOO
- #EE004 - KAYAKING 101 AND SIX SNEAKY SALAMANDERS
- #EE005 - LET'S GO FISHING AND GARDENING PROGRAM
- #EE006 - SNAPPING TURTLE ECOLOGY
- #EE007 - FORESTRY AND ARCHERY
- #EE008 - BIRDS AND MAMMALS
- #EE009 - SMALL WATERCRAFT CERTIFICATION &  
PORTABLE SAWMILL
- #EE010 - KAYAKING AND ORIENTEERING PROGRAM
- #EE011 - FISHING & ANIMAL ADAPTATIONS AND  
NATURE JOURNALING
- #EE012 - SNORKELING, HIKING, POND STUDY AND  
DIGITAL BRIDGE TO NATURE PROGRAM
- #EE013 - WATERCRAFT CERTIFICATION COURSE
- #EE014 - OVERNIGHT CAMPING ADVENTURE
- #EE015 - SWIMMING LESSONS
- #EE016 - TOT SWIMMING LESSONS

## Transportation

*Please refer to class descriptions for pickup and dropoff times.*

*Children will not be left at dropoff sites if parents are not there. You will be required to pick your child up at the school North Entrance.*



## REGISTER BY:

Mailing form to McGregor  
Community Education, PO Box 160,  
McGregor, MN 55760

Drop off registration form at the  
Community Education office or drop  
box outside of office.

ALSO... register by emailing to  
llkruse@mcgregor.k12.mn.us



*In order for the preservation and conservation of our natural resources and waterways, youth need to learn the importance of being stewards of their own environment in which they live. Big Sandy Water Institute is a program that focuses on those needs and the impact it has on our environment by spending time helping them become more mindful of the earth and in touch with nature by blending recreational and environmental activities together. Our goal is to teach youth the importance of their surroundings to ensure future sustainability and enjoyment of our natural resources.*



**A special thanks to the following sponsors and partners who have made Big Sandy Water Institute possible:**

*Thank You!*

Army Corps of Engineers Federal Dam  
 Rice Lake National Wildlife Refuge  
 Aitkin County Forestry Dept.  
 MN Dept. of Natural Resources  
 BSALWMP  
 Savanna Portage State Park  
 Jay Cooke State Park Naturalist Program  
 Jeffers Foundation  
 Shamrock Township

Minnewawa Sportsmens Club  
 Big Sandy Lake Association  
 Big Sandy Lake Foundation  
 McGregor Lions Club  
 McGregor Firefighter Relief Association  
 Aitkin County Water Planning Task Force  
 Tamarack Sno-Flyers  
 Long Lake Conservation Center

**Dated Material -  
 Please Deliver Promptly**

**Post Office or  
 Rural Route Box Holder**

McGregor Community Education  
 ISD #4, PO Box 160  
 McGregor, MN 55760

**WATER INSTITUTE  
 BIG SANDY**

