

# **BIG SANDY WATER INSTITUTE**



## **2015 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 2015

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 5 from 9am - 3pm **Age: Families welcome!**

All activities except fishing will take place at Twin Lakes.

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

**9:00 and 10:00 - 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 Tony Hewitt, Wildlife Biologist, U.S. Fish and Wildlife Service.

**9:00 - 11:00 - Kids Krafts** - Assorted activities will be available for kids of all ages, including building bat houses. Did you know a bat will eat its own weight, 2,000 to 6,000 insects every night?!

**9:00 and 10:00 - A Nature Scavenger Hunt** - Use your natural senses as you take in the sights and sounds of nature with a master naturalist.

**9:00 and 11:00 - Butterflies and Pollinators** - Learn about some of the most beautiful specimens in the insect world, the butterfly! And why pollinators like bees do so much more than just make honey. Learn tricks for attracting butterflies and native bees to your home garden. Participants will be able to take a milkweed plant home to attract monarch butterflies in their own garden. Led by Beth Haasken, MN Extension Service.

**9:00 - 11:00 & 12:00 - 2:00 - Bird Mist Netting and Bird Banding Demonstration** - An informative and up close encounter with real live biologists as they apply leg bands to songbirds captured while you wait. Participants are strongly encouraged to ask questions.

**11:00 - 12:00** - This year's featured program will be presented by the Long Lake Conservation Center. The featured creatures will be certain to entertain and enlighten due to their ability to charm...as well as slither, hop, crawl, or shed their skin!

**12:00 - 1:00 - FREE Picnic Lunch**

**1:00 - 3:00 - Fishing Fun** - Fishing will be held at both north and south water control structures on the Rice River; fishing poles, bait and tackle will be provided. 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 strongly encouraged.



### #EE002 - KAYAKING 101 and DAMS, DAMS, DAMS (Army Corps of Engineers - Libby Dam)

Monday, June 15 from 9:30am - 3:00pm **Age: 8 and up**

Spend time in kayaks on the water with trained kayak instructors. 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.



**Dams, Dams, Dams** - Here's an opportunity to learn more about the Corps of Engineers Headwater's dam system as well as some of the basic fundamentals that are used in the dam building process. Students in this course will have an opportunity to take a behind the scenes look at how the Sandy Lake dam is operated and then test their new found dam building skills - working together to accomplish the goal, just like engineers do!

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

**Bus Return:** Sather's 2:10pm; Willey's 2:15pm; McGregor School 2:20pm



### #EE003 – FORESTY AND ARCHERY (Long Lake Conservation Center)

**Tuesday, June 16 from 9:30am – 3pm**

**Age: 9 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

### #EE004 – NATURE RECYCLING PROGRAM AND FISHING (Rice Lake National Wildlife Refuge)

**Wednesday, June 17 from 9:30 – 3pm**

**Ages: 7 and up**

Students will gain an understanding of how nature recycles nutrients, both plant and animal, by way of fire, decomposition, or consumption. They will learn what forces are at work to turn a large dead tree into nutrient rich soil; why all dirt is not created equal, why dirt comes in different colors, and why different kinds of dirt means different kinds of plants growing there. The class will use a soil probe to extract a core sample for examination. They will also learn how long man made materials remain in the environment when not properly disposed of and end up as litter. Fishing in the Rice River will complete the day's program. Assistance will be provided by experienced anglers. Fishing rods, bait, and tackle will be provided.

**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 – RIVERS AND LAKES FAIR (Aitkin High School)

**Saturday, June 20 from 9am – 2pm**

The River and Lakes Fair is a fun filled event where folks of all ages can learn about our natural resources. Featured programs will include Loons by Carrol Henderson, MN DNR Nongame Wildlife Specialist; Northwoods Niche by the Audubon Center of the North Woods (with 4 live animals including an owl and a porcupine); Lake Bottom Organisms by Long Lake Conservation Center; Wolf, Living with a Northern Wilderness Dweller by Jay Brezinka, Camp Ripley Environmental Supervisor; and Aquatic Invasive Species-Impacts and Control by Tom Jones, MN DNR Fisheries. Kids will enjoy building bluebird and bat houses and carnival games. The fair will include free water testing for nitrates and display an aquarium of live fish from local lakes.



### #EE006 – FIELD TRIP TO FOREST HISTORY CENTER

**Monday, June 22 from 8:30am – 3:30pm**

**Ages: 7 and up**

**• Registration fee: \$10/student**

Students will tour the Forest History Center exhibits and take a tour of a logging camp and the River Wanigan. From there the field trip will take students to the 100' fire tower (climbing is an option) and patrolman's cabin. By now students will be hungry so plan for a picnic lunch. The afternoon will be filled with more exciting adventures like

GEO TRAC: forestry discovery lumberjack math course. Participants will use pre-programmed GPS units to guide them to geocache sites strategically located along our trails. When they arrive at the sites they will be challenged to do a forestry task such as determine the height of a tree, measure the diameter, scale a log pile, determine the age of the tree, etc. This is a fun filled day!

**Bus leaves school at 8:30am and Return at 3:30pm**





**#EE007 – FISHING MINNEWAWA AND FISHING HABIT PROGRAM (Lake Minnewawa)**

**Tuesday, June 23 from 9:30am – 3:00pm Ages: 7 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. The afternoon will be spent with Aitkin Area Fisheries. Students will learn about the fisheries management program, fish identification, nets, traps, and dissecting of fish. A great day on the water for youth!

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

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

**#EE008 – CAMP LIFE: CANOEING, CHALLENGE COOPERATION COURSE AND SURVIVAL SHELTERS (Long Lake Conservation Center)**

**Wednesday, July 24 from 9:30am – 3:00pm Age: 7 and up**

Experience the joys of camp life. Canoeing: The waters of 130-acre Long Lake provide the perfect setting for beginning canoeists. Students receive PFDs (life jackets), paddles, and instruction on land before venturing onto the water. Once on the water, students practice the art of canoeing. This is done while maneuvering through a skills course finishing with a water scavenger hunt. When not canoeing

they will join the other groups on a Challenge Cooperation Course. Across Lava River, onto the Teeter-Totter, through the Blind Maze and over the Wall...to achieve this and other challenges, students have to think creatively, communicate independently, and cooperate effectively. After discussing their successes and ways they might improve, students will want to do each station again...but they will be more eager to try the next station on the CCC trail. If that isn’t enough students will also immerse in Survival Shelters: “I’m lost in the woods! Maybe I need food. I don’t know-what do I do? First, it’s extremely important to be calm-panic is your worst enemy. Most survival situations don’t last very long. Shelter can be an extremely important factor in survival – let’s start there. In this session, students first learn about wilderness survival shelters. Then, they construct their own.

**Bus Pickup:** McGregor School at 9:10am

**Bus Return:** McGregor School 3:20pm



**#EE009 – BICYCLING AND NATURE ART PROGRAM**

(Rice Lake National Wildlife Refuge)

**Monday, July 6 from 9:30am – 3:00pm Ages: 7 and up**

It’s always a great day for a bicycle ride! Students will participate in bicycle training and enjoy a nice, casual bicycle ride with instructors taking in all the sights and sounds of nature. Many discoveries can be made while in the natural environment. And with many of these discoveries art projects can be made. Spend time with Beth Johnson, local artist as students discover their artistic talents and go home with unique projects while spending time in nature.

**Bus Pickup:** McGregor School at 9:20am

**Bus Return:** McGregor School 3:20pm



**#EE010 – SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM (Savanna Portage State Park)**

**Tuesday, July 7 from 9:30am – 3:00pm Age: 7 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

• • SEVERE WEATHER • •

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

**#EE011 - KAYAKING 101 AND SNEAKY SALAMANDERS**

(Army Corps of Engineers - Libby Dam)

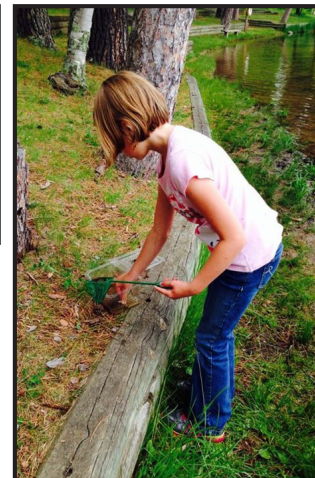
**Wednesday, July 8 from 9:30am - 3:00pm Age: 8 and up**

Spend time in kayaks on the water with trained kayak instructors. 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.

Seven Sneaky Salamanders - Minnesota is home to 7 different species of salamanders and we find several 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



**#EE012 - DNR BOAT AND WATER SAFETY COURSE (Army Corps of Engineers)**

**Thursday, July 9 from 9:30am - 2:00pm 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, jet ski 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 2:10pm; Willey's 2:15pm; McGregor School 2:20pm

**#EE013 - FIELD TRIP TO THE DULUTH ZOO**

**Monday, July 13 from 8:30am - 3:30pm Age: 7 and up**

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

Learn how the zoo takes care of its animals. Participate in hands-on activities to learn how the zookeepers make diets and veterinarians care for sick animals. We will meet the barn animals and take a exploratory trip around the zoo!

**Bus Pickup:** McGregor School at 8:30am **Bus Return:** McGregor School 3:30pm



**#EE014 - CANOEING, ORIENTEERING AND BOG TREK (Long Lake Conservation Center)**

**Tuesday, July 9 from 9:30am - 3:00pm Age: 7 and up**

A day at camp...Orienteering Race: 5 . . 4 . . 3 . . 2 . . 1 . . Go! With compasses in hand, a flight of student's dash to the starting board. "Yellow course, 253 degrees!" The orienteers take off into the woods in pursuit of their next clue in one of Long Lake's most exciting activities. Bog Trek: At the center of an ancient, glacial lake bed, LLCC is an ideal location to investigate the unique bog environment. Populated by remarkable plants such as the carnivorous pitcher plant, edible Labrador tea, various orchids, and tamarack trees, the bog has an illuminating history. Be prepared for a sloppy, gloppy trek into the peat itself on our Bog Trek. Canoeing: The waters of 130-acre Long Lake provide the perfect setting for beginning canoeists. Students receive PFDs (life jackets), paddles, and instruction on land before venturing onto the water. Once on the water, students practice the art of canoeing. This is done while maneuvering through a skills course finishing with a water scavenger hunt.

**Bus Pickup:** McGregor School at 9:10am

**Bus Return:** McGregor School 3:20pm



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

## #EE015 – OVERNIGHT CAMPING ADVENTURE

(Savanna Portage State Park)

Wednesday and Thursday, July 15 & 16 from 9:30am  
(15th) to 11am (16th) Age: 4th 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 Big Sandy Lake in kayaks, learning the proper mechanics of archery, nature's art activities, swimming, cooking around an open fire, smore's 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 16th 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

## #EE016 – SWIMMING LESSONS (Round Lake)

Monday-Thursday; July 20 – 23 and July 27 – 30

American Red Cross Water Safety Instructor: Shari Tetrick and Lifeguard: Jake Krezowski



Shari Tetrick, Water Safety Instructor brings you and your child 31+ years of experience working with youth and adults. Your child will receive 30 minutes of water safety instruction and 15 minutes of practice and free time each day.



**9:45am – Level 3:** Stroke development; builds on the skills in Level 2 through additional guided practice in deeper waters.

**10:30am – Level 4:** Stroke Improvement: develops confidence in the skills learned and improves other aquatic skills.

**11:15am – Level 5:** Stroke Refinement: provides further coordination and refinement of strokes.

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

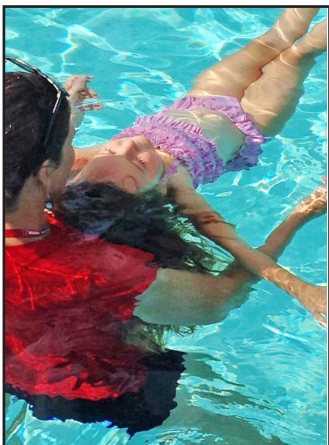
**1:00pm – Level 1** (tadpoles) and **1:30pm** (leapfrogs): Students must be 6 years old by 8/31/15. Introduction to Water Skills; helps students feel comfortable in the water and to enjoy the water safely. (Level 1 students will be tested the first day to determine if a tadpole or leapfrog)

**2:15pm – 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.

**Fee:** \$60/person no more than \$150/family

**Location:** Round Lake Public Beach (Cty Rd 6)

**Transportation is not provided for this activity**



## #EE017 – TOT SWIMMING LESSONS (Big Sandy Lodge & Resort Swimming Pool)

Wednesday, July 22 – Wednesday, July 29 from 4:00 – 4:30pm

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. Your child will learn how to splash, blow bubbles, paddle while gaining confidence in the water. Please bring your own towel.

**Fee:** \$20/person

**Transportation is NOT provided for swimming lessons.**

# REGISTRATION INFORMATION 2015

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

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_ Total Registration Fees: \$ \_\_\_\_\_

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  
YOUR  
CHILD  
FOR

- #EE001 - WILD ENCOUNTERS FAMILY FUN DAY
- #EE002 - KAYAKING 101 AND DAMS, DAMS, DAMS
- #EE003 - FORESTRY AND ARCHERY
- #EE004 - NATURE RECYCLING PROGRAM AND FISHING
- #EE005 - RIVERS AND LAKES FAIR
- #EE006 - FIELD TRIP TO FOREST HISTORY CENTER
- #EE007 - FISHING MINNEWAWA AND MINNAQUA GET IN THE FISHING HABIT PROGRAM
- #EE008 - CAMP LIFE: CANOEING, CHALLENGE COOPERATION COURSE AND SURVIVAL SHELTERS
- #EE009 - BICYCLING AND NATURE ART PROGRAM
- #EE010 - SNORKELING, HIKING, POND STUDY AND DIGITAL BRIDGE TO NATURE PROGRAM
- #EE011 - KAYAKING 101 AND SNEAKY SALAMANDERS
- #EE012 - DNR BOAT AND WATER SAFETY COURSE
- #EE013 - FIELD TRIP TO THE DULUTH ZOO
- #EE014 - CANOEING, ORIENTEERING AND BOG TREK
- #EE015 - OVERNIGHT CAMPING ADVENTURE
- #EE016 - SWIMMING LESSONS
- #EE017 - 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  
 MN Dept. of Natural Resources  
 Savanna Portage State Park  
 Jay Cooke State Park Naturalist Program  
 Aitkin County Soil & Water  
 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

**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**

