

OUTDOOR ADVENTURE

How to Read the Activity/Course Information

FOSSIL FINDERS (6-10 YRS)

Travel back in time when Plano was covered in water. Explore Rowlett Creek for fossils and other interesting things and discover your place in history!

130486 OLC M 3:45pm-4:45pm 5/21 1 Staff \$10

The title of the course is FOSSIL FINDERS. The Course Code is 130486, and it meets at OUTDOOR LEARNING CENTER on MONDAY from 3:45pm-4:45pm, begins MAY 21, meets 1 time, the instructor is STAFF, and the fee for this course is \$10.

ARB = Arbor Hills Nature Preserve

BWS = Bob Woodruff Park South

HOB = Hoblitzelle park

LIB = Liberty Recreation Center

OLC = Outdoor Learning Center

OPP = Oak Point Park & Nature Preserve

Indoor/Outdoor

AFTER SCHOOL ARCHERY

The After School Archery Program (ASAP) is a nationally recognized youth archery development program that combines teaching techniques with lesson plans, and easy to use archery equipment. The curriculum introduces archery safety, shooting form, archery styles, equipment, and scoring rules. Students learn an instinctive style archery that builds the basics of a solid shooting form. The archery lessons are conducted using lightweight recurve bows or compound bows at short distances. As a result gender or age has little advantage. The bows draw weight is 10 or 20 pounds. The equipment is sized to the archer, with targets being set at a distance of 5-15 meters.

132526 OPP M 5:30pm-6:45pm 3/26 4 Fontana \$125

ARCHERY (BEG) (10 YRS & UP)

Have fun learning the international sport archery. Beginners will be taught the basic string bow techniques and the 'eleven steps' to archery success.

131074 LIB Sa 6:30pm-7:45pm 4/7 1 Staff \$20

GEOCACHING 101 (6 YRS & UP)

Geocaching is a high-tech treasure-hunting game played throughout the world by adventure seekers equipped with a global positioning system device (GPS). Rapidly gaining in popularity, Geocaching is an entertaining and educational outdoor activity. Whether for family fun, exercise, or the thrill of the hunt, there is a global game board just outside your door with treasures waiting to be discovered. Learn the basics of GPS usage and how to use one to go Geocaching in this informative session. Everyone 14 years old or younger must be accompanied by a registered adult. Price is per person.

131785 ARB Sa 9am-Noon 4/21 1 Staff \$6

KAYAKING AT OAK POINT PARK (BEG) (12 YRS & UP)

Learn beginning kayaking skills at the lake located at Oak Point Park and Nature Preserve. This class will be under the direction of an American Canoe Association (ACA) certified instructor who will teach you the ACA Quick Start program. Boats, paddles, and life jackets will be provided. Participants and/or parent will be required to sign liability waivers.

130453 OPP Su 9am-Noon 5/20 1 Holl \$65

MY BABY & ME STROLLER FITNESS

This fun and energetic group workout offers a total body workout for mom or dad and lots of fun for baby. Our workout will include a mix of cardio and resistance exercises using your stroller and/or the environment around us. All stroller-aged children (ages 6 weeks and up) and their caretakers are welcome to join in the fun. In addition to a great workout, you will meet some amazing new parents and kids. All levels of fitness are welcome. A sturdy stroller or jogging stroller is required. No umbrella strollers. Class meets at Oak Point Park and Nature Preserve, 5901 Los Rios Blvd.

131819 OPP M,W,F 10:15am-11:15am 3/26 18 Bibb \$115

SUNSET SAIL (18 YRS & UP)

Enjoy an evening sail on Lake Lewisville with the award winning sailing instructors of 'Sail Dallas', the premier sailing school in the Dallas/Ft. Worth area. You will set sail on a 34' or 41' sailboat and see the rest of the boats in the fleet, learning about the different types of sailboats and their capabilities. Should conditions warrant cancellation all sails will be rescheduled. Everyone must wear non-marking sole shoes and bring your own food and drinks. Parks and Recreation staff will not be present and you must provide your own transportation to Pier 121 Marina.

132344 LIB F 6:30pm-9:30pm 4/27 1 Staff \$95

132345 LIB F 6:30pm-9:30pm 5/18 1 Staff \$95

Nature Programs

FAMILY FUN CAMP OUT (3 YRS & UP)

You don't have to leave town to enjoy the fun and excitement of family camping! Join Parks and Recreation staff at Oak Point Park and Nature Preserve for a night of family camping. Please feel free to bring a picnic dinner. A light breakfast will be served on Saturday morning. A minimal number of tents will be provided by the Parks and Recreation Department. Everyone must register. NO PETS ALLOWED!

130868 OPP F 6:30pm-9am 5/11 1 Staff \$13

FAMILY MORNING HIKE (3 YRS & UP)

Spend a fall morning walking the woods at Oak Point Park and Nature Preserve with your family and friends. Parks and Recreation staff or another trained naturalist will guide you through local flora and fauna. Fee is per person. Everyone 13 years or younger must be accompanied by a registered adult.

130866 OPP Sa 10am-11am 3/31 1 Staff \$2

130867 OPP Sa 10am-11am 5/12 1 Staff \$2

OUTDOOR ADVENTURE

FAMILY NIGHT HIKE (3 YRS & UP)

Spend an enjoyable evening walking through the woods of Bob Woodruff Park or Arbor Hills Nature Preserve with your family and friends. Parks and Recreation staff or another trained naturalist will guide you through local flora and fauna. Fee is per person. Everyone 13 years or younger must be accompanied by a registered adult. NO PETS ALLOWED.

131076	ARB	M	7pm-8pm	4/9	1	Staff	\$2
131077	OLC	M	7pm-8pm	5/14	1	Staff	\$2

FOSSIL FINDERS (6-10 YRS)

Travel back in time when Plano was covered in water. Explore Rowlett Creek for fossils and other interesting things and discover your place in history!

130486	OLC	M	3:45pm-4:45pm	5/21	1	Staff	\$10
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JUNIOR EXPLORERS (6-10 YRS)

Spring is a great time to explore the trails of Arbor Hills Nature Preserve while learning about native grasses, flowers and animals.

130485	ARB	M	3:45pm-4:45pm	4/30	1	Staff	\$10
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JUNIOR GEOLOGISTS (6-9 YRS)

Learn about the fascinating world of rocks and minerals!

130484	OLC	M	3:45pm-4:45pm	4/16	1	Rachels	\$10
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LIGHTNING BUG CLASS (5 YRS & UP)

Carlsbad Cavern has bats! Marfa, Texas has sightings of strange lights. Best of all, Plano has its nightly display of lightning bugs. Come experience these insects up close with a certified entomologist as he teaches you about these bugs' behavior and how they are helping with cancer research. Everyone 12 years of age or younger MUST be accompanied by a registered adult. All those attending must register. NO PETS ALLOWED.

130455	OPP	M	8pm-9pm	5/7	1	Fincannon	\$5
130456	OPP	Th	8pm-9pm	5/24	1	Fincannon	\$5

PLAN-O BONFIRE (3 YRS & UP)

Bring your own stick and join us for an old-fashioned bonfire. Listen to storytellers by the crackling fire. We will provide marshmallows for roasting. Children 13 years or younger must be accompanied by a registered adult. Please register if you plan on attending. NO PETS ALLOWED.

130483	BWS	F	7pm-9pm	4/27	1	Staff	\$2
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SPIKE HIKE

Dogs and their owners will have fun hiking a two mile trail at Oak Point Park and Nature Preserve. Dogs must be on leashes (six-foot max) and under their owner's control at all times. Dogs must have current tags. A special prize will be given to each dog. You may sign up two dogs per person. No more than two per person will be allowed. The guided hike will begin each half hour. Meet at the Oak Point Park and Nature Preserve pavilion located at 5901 Los Ros Blvd. Event will be from 9am-Noon.

132108	OPP	Sa	9am-9:30am	4/14	1	Staff	\$3
132348	OPP	Sa	9:30am-10am	4/14	1	Staff	\$3
132349	OPP	Sa	10am-10:30am	4/14	1	Staff	\$3
132350	OPP	Sa	10:30am-11am	4/14	1	Staff	\$3
132351	OPP	Sa	11am-11:30am	4/14	1	Staff	\$3
132352	OPP	Sa	11:30am-Noon	4/14	1	Staff	\$3

TYKE HIKE (2-5 YRS)

Hey parents, come join the Park Ranger staff for a hike around Oak Point Park and Nature Preserve or Arbor Hills Nature Preserve with your little one. As you stroll along you and your child will learn about the plants, animals, and features that make these nature preserves a special place. Register the child only. Parents must accompany children.

131081	OPP	M	10am-11am	4/23	1	Staff	\$2
131082	ARB	M	10am-11am	5/14	1	Staff	\$2

Trips

DAY HIKE TO DINO VALLEY (7 YRS & UP)

Experience the hilly terrain of Dinosaur Valley State Park. Explore dinosaur tracks, scenic bluff overlooks, and unusual creek washes. Picnic lunch, entry fee, and transportation are included. Parents MUST register and accompany children. If your child is 7 years old or younger, you MUST provide a child safety seat as required by law. This trip has a two-week cancellation policy.

131083	LIB	Su	8:30am-4:30pm	5/6	1	Staff	\$27
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GRAPEVINE VINTAGE TRAIN RIDE (3 YRS & UP)

Join us on trip to Grapevine to ride a vintage steam train to the Ft. Worth Stockyards and back. While at the Stockyards you can shop at one of the many stores or eat lunch at one of the fine restaurants. Before heading back to Grapevine you can observe a genuine longhorn cattle drive. Price is per person. Everyone 16 years old or younger MUST be accompanied by a registered adult. If your child is 7 years old or younger, you MUST provide a child safety seat as required by law. There is a two-week cancellation policy in effect for this trip.

131084	LIB	Su	11:30am-7pm	4/29	1	Staff	\$35
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PARENT & ME OWENS FARM TOUR (2-5 YRS)

Parents, take some time out with your tot as we enjoy a guided tour of Owens Springcreek Farm. After touring the farm we will enjoy a picnic lunch made just for you. Transportation and lunch included in fee. If your child is seven years old or younger, you MUST provide a child safety seat as required by state law.

130457	LIB	F	10:30am-1pm	4/13	1	Staff	\$15
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SUMMER CAMP WILDERNESS EXPEDITION (12-17 YRS)

Join us as we hike, camp, backpack along the Little Missouri River through Ouachita National Forest in Arkansas. The three days will be packed with adventure from hiking along the trail to numerous river crossings, high rock bluffs, basic survival skills, and fire making will be taught. All camping gear, transportation, meals are included. Trip will be conducted by Frisco Wilderness Adventures & Outfitters. At least one parent and camper must attend the mandatory pre-trip meeting on Monday, August 6, 6 PM, at Liberty Recreation Center, 2601 Glenciff.

132590	LIB	M-W	7am-11pm	8/13	3	Staff	\$170
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