

Outdoor Recreation School Winter 2022–2023

Our mission is to create outdoor recreation experiences that connect, inspire and educate for a lifetime of play in the natural world.

We offer programs in a variety of Three Rivers Parks, guided by the natural resources and park infrastructure.



We work with a diverse range of groups including schools, agencies, clubs, businesses, adults, youth and families. Our programs are customized for each group, can include multiple activities and can be adapted to meet the needs of each individual.

We aim to reduce barriers to participation. If program fee assistance would help reduce barriers for your group, please let us know.

Outdoor Recreation School

Recreation@ThreeRiversParks.org

763-694-7717

 [ThreeRiversORS](#)

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ThreeRivers
PARK DISTRICT

Outdoor Recreation School Activity Menu



ADAPTED RECREATION – Our programs can be adapted to accommodate varying abilities. Some of our specialized equipment includes adapted sit skis, modified ice fishing gear, and hand-cycle mountain bikes. Experienced staff help select accessible locations and design programming to meet your needs.

CROSS-COUNTRY SKIING

Learn how to cross-country ski. Group lessons cover the basics of classic technique including diagonal glide, going up and down hills and getting up from a fall. Enjoy the beauty of our trails. Private lessons are also available for 1:1 and in smaller groups at more advanced levels and for skate skiing. Rental equipment available.

GEOCACHING

Learn the basics of Global Positioning System (GPS) technology. Master the buttons and functions of GPS units, then head outside to hunt for hidden treasures.

ICE FISHING

Learn the tools, techniques and regulations of this uniquely northern pastime. We'll also discuss ice safety as we drop our lines and try our luck on the lake.

KICKSLEDDING

Kicksleds became popular in Nordic countries more than 100 years ago. With a few kicks on the packed snow or ice, the sleds gain speed and glide. Kicksledding is a great way to explore our parks in winter, have fun and stay in shape.

SNOWSHOEING

Learn about the history of snowshoes and basic snowshoeing techniques. Enjoy a guided snowshoe hike as we explore the wonders of winter in the woods.

Contact us to inquire about booking a program for your group or organization!

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