

Outdoor Recreation School

Spring | Summer | Fall

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 paddle equipment, archery equipment and adapted mountain bikes. Experienced staff help select accessible locations and design programming to meet your needs.

ARCHERY

Using NASP (National Archery in the Schools Program) instruction, we will guide you in learning to safely shoot a compound bow. Safety and proper shooting techniques will be covered.

CANOEING

Learn water safety, proper paddle techniques and boat control. Practice your skills on a beautiful lake. Instruction in rescue techniques is also available.

DISC GOLF

Learn to play the game of disc golf, including rules, etiquette, equipment and putting and distance throwing techniques. Experience the satisfaction of rattling the chains when you hit the basket.

FISHING

Learn basic fishing techniques, bait selection, baiting a hook, types of Minnesota fish and how to safely take a fish off your hook.

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.

KAYAKING

Learn kayaking basics, water safety, proper paddle techniques and boat control. Instruction in rescue techniques is also available. Both adult and youth-size kayaks are available.

LOG ROLLING

Try out this exciting sport rooted in Minnesota's logging history. Log rolling is both safe and fun. Learning to stay on the log improves balance, agility, concentration and core strength.

STAND-UP PADDLEBOARDING

Whether you stand, kneel, or sit, SUPing can be an invigorating full body workout or a relaxing float on the lake. Class covers safety, paddle strokes and board control.

SLACKLINING

Build your confidence as you learn to walk on a narrow, flexible piece of webbing set low to the ground. Great for improving core strength, balance and concentration.

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

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