

National Get Outdoors Day! Saturday June 12th

9:00 to Noon **Hideout Mountain** Florence Carlton Loop Road
Clinics for Children and their parents...



Family Bicycling

Staff and volunteers will assist you and your family members in choosing the proper bicycle for your needs. They will assist you in properly adjusting the bicycle to fit your body. You will learn routine maintenance skills and how to repair a flat tire. Bring your bike and tools.



“Build a Bike”

Bring down your old bike frames, wheels and parts to add to the free bike parts pile. Children will be encouraged to build a bike or find parts to repair their own bike.



“Sell a Bike, Buy a Bike”

Sell your *nearly new* or *completely worn out* bicycles. Bring your bicycle to the park between 8:30 and 9:00 am to register and place your bike in the line-up. Collect your money or bicycle at or before noon.

“Donate a Bike”

Florence-Carlton School is collecting Bicycles to be used in the Safe Routes to School Program. Information at the **“Safe Routes to School” (SRTS)** table.

“Get a New Bicycle Helmet”

Florence Family Practice will have helmets available for purchase



Family Bicycle Tour at Noon...

Meet Tim and Mary Nielsen, with your lunch, at the Hideout Mountain Picnic Table Shelter. Participate in the *“SRTS Community Awareness Family Bicycle Ride”* to the Carlton Creek Picnic Tables and return. (Get information at the SRTS Display Table) Sign up early.

Family Hiking

Learn where to find maps for hikes in the area.



Family First Aid

Information provided by Aerie, the primary provider of wilderness medicine training.



Family Hike at Noon...

Meet John and Beth Bruder with your lunch at the Hideout Mountain Picnic Shelter for instructions about a short hike up Kootenai Creek.

Family Fishing

Learn to identify game fish, and how to find them. Learn how to set up your fishing gear and use it properly. Fishing poles will be available for children to practice their skills.

“Water Safety Demonstration”

Learn about Personal Flotation Devices and hypothermia.



Family Fishing at Noon...

Bring a picnic lunch and head out to Chief Looking Glass fishing access for quality family time..



Family Tennis

“QuickStart Tennis” - an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels-- ages 8 and under and ages 10 and under.

Sign Up for one of the three twenty minute lessons.

It's the fast, fun way to get kids into tennis-- and keep them playing.

Family Tennis at Noon...

Use your new tennis skills to spend the afternoon on the Florence Park tennis court.

Family Birding

Learn about migrating waterfowl on the Refuge. Refuge staff and volunteer birding experts will answer questions about waterfowl identification, biology, and migration. Learn to identify birds, and how to find them. Find out how to get involved in the Junior Duck Stamp Program.



Family Birding at Noon...

The Refuge provides visitors with opportunities for wildlife observation, photography, hunting, fishing, environmental education and interpretation. There are 2 ½ miles of nature trails in the Refuge's Wildlife Viewing Area.

Art in the Park

“Plein air” watermedia, all supplies available.

More information at:

<http://bitterrootexpress.com/>