



**Shooting Sports:** Archery I, Archery II, Pistol I, Pistol II, Riflery, Shotgun I, Shotgun II, Precision Reloading



**Wildlife:** Backyard Wildlife, Bird Watching, Predators and Prey, Reading the Woods, Raptor & Reptile Husbandry, Wildlife ID

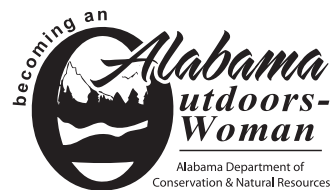
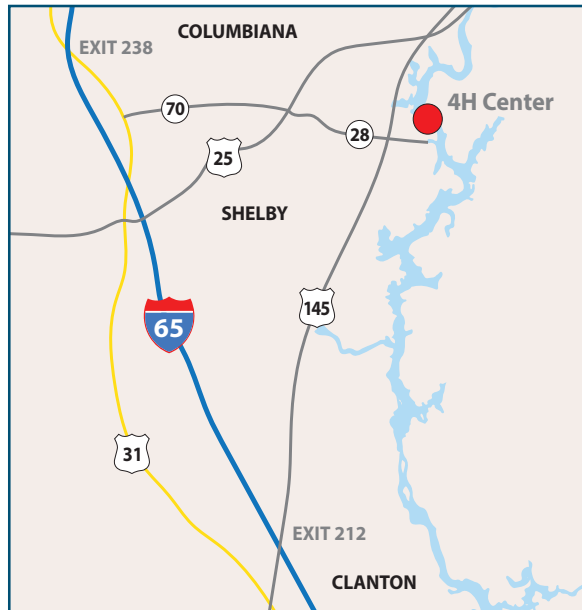


**Fishing:** Introduction to Fishing, ABCs of Fly Fishing, Woolly Buggers and Friends, The Bass Class, Angler Adventures and Bow Fishing

**Alabama 4-H Center  
892 Four H Rd, Columbiana, AL 35051**

**From Birmingham/I-65:** Take I-65 South to Exit 238 (Alabaster-Columbiana). Turn left onto Hwy 31. Go 6.3 miles to Hwy 70 and turn left. Follow Hwy 70 to Columbiana. Go through two traffic lights. Travel 0.3 miles past the second light and take the right fork by Shelby County High School onto Shelby County Hwy 28. Follow Hwy 28 for 4.8 miles to Hwy 145. Go straight across Hwy 145 for 1.7 miles and turn left at 4-H sign. Follow this road to the lodge.

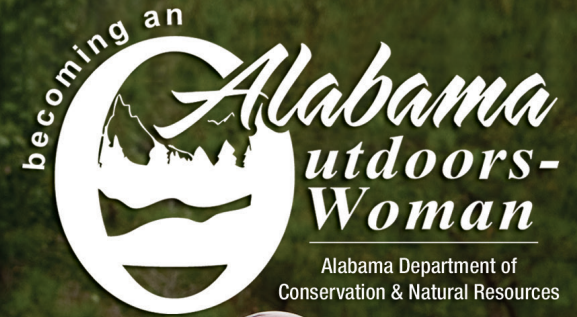
**From Montgomery:** Take I-65 North toward Birmingham. Get off at Exit 212 (Clanton-Lay Dam) turning right onto Hwy 145. Go 20.6 miles and turn right onto Shelby County Hwy 28. Go 1.7 miles and turn left at 4-H sign. Follow this road to the lodge.



**64 N Union Street, Suite 514  
Montgomery, AL 36130  
800-245-2740 or 334-242-3620  
www.outdooralabama.com/bow**

**Facebook: *Becoming an Outdoors-Woman Alabama BOW***

*Sponsors: Alabama Department of Conservation and Natural Resources, Division of Wildlife and Freshwater Fisheries and the Alabama Conservation and Natural Resources Foundation.*



**www.OutdoorAlabama.com**



**B**ecoming an Outdoors-Woman is a three-day workshop designed for women ages 18 years and older. It offers hands-on introductory instruction to outdoor activities in a fun, non-threatening learning environment.

Alabama BOW offers over 40 different classes during each workshop. Regardless of your age, outdoor knowledge or physical capabilities, there is something for you!

Participants select four classes to take during each workshop weekend. Knowledgeable, patient and encouraging instructors create a fun learning environment. The variety of classes offered means you can attend multiple workshops and take different classes each time. You will want to come back again and bring a friend!

## SAMPLE LIST OF CLASSES

- Boating
- Outdoor Skills
- Cooking
- Riding Sports
- Fishing
- Shooting Sports
- Hunting
- Navigation Skills
- Canoeing
- Wildlife

## FREQUENTLY ASKED QUESTIONS:

### When is BOW?

The first Friday, Saturday and Sunday of March and October at the 4H Center in Columbiana, Ala.

### How can I register?

Registration is online and the link posted on our website and Facebook page. Payment is by credit/debit card. The registration fee includes four classes, all materials for each class, lodging and meals (Friday: dinner; Saturday: three meals; Sunday: breakfast and lunch).

### Can I bring my own food?

Yes, but the cost of the registration is the same. You may bring a cooler, and ice is available for a small cost. You can also rent a small fridge for your room to use during the weekend.

### What are the lodging arrangements?

Lodging is dormitory style. Each dorm is a two-story building with a sitting area for relaxing or socializing in between classes and activities. Rooms contain two twin-sized bunk beds that sleep four and a private bath. Beds are first-come, first-served. We ask that those who are younger and in good physical condition take a top bunk.

During registration you can select up to three roommates. We offer an early dorm for those who wish to have lights out by 10 p.m., and a late dorm for those who stay up a little longer. Dorm preference can be requested during registration. Linens, pillows and towels are provided, but you may bring your own.

### Are there other lodging options?

Bunkhouses accommodating up to 14 are available for groups of seven or more. The bunkhouses are served by a centrally located bathhouse. A group of less than seven can lodge in the bunkhouse for a small fee.

### Can I camp?

Yes, camping is encouraged. You will still be assigned a dorm room so you have a place to stay if you decide camping is not for you. You can camp one night or both nights. Camping takes place in a large open field close to the lake with a fire pit and nearby bathrooms.

### Are there other activities besides my classes?

There are nightly activities, guest speakers, games, a silent auction, a morning squirrel hunt in the fall, a Sunday morning devotional and more. All activities are optional.

