



# LLREC 671

## Beginning Fly Fishing

801.587.5433

[lifelong@utah.edu](mailto:lifelong@utah.edu)

[lifelong.utah.edu](http://lifelong.utah.edu)

@uofulifelonglearning

Erik Ostrander

**Course Overview:** Immerse yourself in the outdoors and join us for a basic introduction to fly fishing. You'll start with an evening of in-class discussion about gear, techniques, knots, and fly selection with a local fishing expert and guide. On Saturday, join your guide for a day on the river to be taught by the true experts of fly fishing--the trout. Not sure you're ready to invest in fly fishing gear? Don't worry, your instructor will help you source rental equipment.

**Course Materials:** For the day on the river, you'll be responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. Students also supply their own rods, equipment, and additional flies. Bring equipment to your first class.

The day on the river is physical and requires wading with slippery rocks and strong currents.

### Course Outline:



Weekly Plan	
Week	Session Topic
1	I. Introductions II. What is fly fishing? Finding the right tools for the right place. III. Expectation Setting IV. Casting Practice V. How To Go Fishing VI. Knot Tying  <b><u>Bring equipment to your first class.</u></b>
2	Meet at the location determined in first class and go fishing!



Learn more.  
Do more.  
Become more.

## FAQs:

1. Do I need any fishing experience?
  - a. No! Come as you are, this class starts from the basics
2. What gear should I bring to the classroom?
  - a. Whatever you have! You will review the gear and identify what you may need.
3. What fitness level do I need to be?
  - a. You will be walking in water with strong currents on slippery rocks. Please self-assess.
4. Is there homework?
  - a. The more you practice (casting and knot tying) the better your day on the river will be.
5. What makes for a good day of fishing?
  - a. Whenever you can make the time :-)
6. I don't have gear, what should I do for the in-class session?
  - a. Let us ([lifelong@utah.edu](mailto:lifelong@utah.edu)) know so that Erik can bring extras until you get your rentals.
7. Will this class teach me all I need to know?
  - a. Fly fishing is a vast world. You will cover a huge amount of information, too much to retain - this course will expose you to the fundamentals of what you need to know but there will still be a lot to learn after the class.