

Shooting at the Women's Retreat 2023

1. We will offer an intro/familiarization course with air-soft for anyone who would like to try shooting but is not ready for a real firearm. We will try to offer this as a session on Friday, so it does not interfere with shooting at the range, in case you want to do both.
2. The range will be open on Saturday only.
3. All our instructors and range officers volunteer their time. Please be kind and grateful to them!
4. If you do not have your own firearm, we will have pistols and 22s available for you to try. We will also have (a limited amount) of ammo for you to use for these weapons only. If you're planning to be in a class and/or shoot your own firearm(s), please bring ammo for those.
5. We will have 2 beginners level courses and 1 intermediate level course.
6. Beginners Course
 - i. Will cover the following: Firearm safety rules, range safety and etiquette, how firearms function, stance, grip, eye dominance, sight picture, trigger pull/follow through, and breathing. You will also have time to shoot your own firearm, feel more comfortable with your own firearm, and practice with your own firearm.
 - ii. You must have your own firearm and ammo to participate.
 - iii. Your firearm needs to show up in a case, not a holster, and not in your hands.
7. We will have a bay dedicated to free shooting for pistols all day for women who do not want to take a class.
8. We will have another bay dedicated to shooting a 22.
9. Intermediate Course
 - i. Will cover the following: How to properly draw your pistol, how to present the pistol to the target, and how to return the pistol to the holster (all of this in a safe manner). Then will work on practicing and understanding how to deliver reasonably accurate shots to a reasonable hit zone on a target in a safe and consistent manner.
10. You must meet the following criteria to be in the intermediate course:
 - i. You must have a basic understanding of how to load and unload your magazines and pistol.
 - ii. You must know how to lock the slide open.
 - iii. You must know how to send the slide forward.
 - iv. You must have a good understanding of basic firearms safety.
 - v. You must have a decent degree of "stress inoculation" as it pertains to firearm recoil.
11. For the intermediate level course, you should also come prepared with the following:
 - i. Your own firearm & ammo. See instructor's note below.
 - ii. Have appropriate eye & ear protection.
 - iii. Have close-toed shoes.
 - iv. It is recommended that you do not wear a low-cut blouse/top (they are brass magnets and trap hot brass).
 - v. It is recommended that you have some type of ball cap that doesn't interfere with the over-the-head type of ear protection.
 - vi. Have a dedicated "outside the waist band" type holster for whatever type of firearm you bring. Absolutely NO Serpa type holsters (these are very dangerous). Also, no Uncle Mike types, no leather flap types, no fanny packs, no shoulder holsters, no belly bands. Usually, a good Kydex type holster will suffice. Please let us know if you need more information on this.
 - vii. A solid/quality belt that can support the holster and magazine carriers. Belt should be relatively stiff and at least 1.5" in width.
 - viii. Magazine carriers for two magazines.

Note from Larry (Intermediate Course Instructor): Pistols should be 9mm or better. Most firearms that are smaller are not suitable for this class as they are not belt-type firearms but meant for ultra-concealed carry and are generally harder to work with, harder to hit with, and can have reliability issues. Double stack magazine 9mm pistols are generally "The Way" for a class like this. Revolver shooters will be ok, though they will be slow to reload and cause the class to slow down. If you do have a revolver, it should be a .38 Special or better and have several speed loaders (like a semi-automatic magazine) to go with them.