

High and Low Ropes Challenge Course and Teambuilding Activities

Our **Challenge Course and Teambuilding Activities** are designed to help your group grow closer together, achieve their goals, discover new interpersonal strengths and develop resilience. Our leaders are certified, caring adults committed to helping your group succeed in meeting its goals.

We are able to tailor our program to your group, even taking portable activities into the deep woods or open fields of our 160 acre facility. Our activities are designed to challenge participants to step outside of their comfort zone and normal daily routines and experience an exciting adventure. There are three levels of adventure from which to choose:

Level I: Teambuilding Activities are typically at ground level and focus on highlighting each individual's unique qualities and abilities and the process of folding these into effective decision making as a team to achieve a common goal. Upon completion, participants reflect on their experience and what they have learned about trust, communication and leadership. These challenges typically focus on:

Cooperative Game, Socialization Activity, Ice-Breaker: in these fun activities, participants are encouraged to try new things that take them outside of their comfort zone.

Group Initiative: participants are given obstacles that challenge the group to combine its resources and work together to find solutions.

Trust Activity: through a series of actions, participants are challenged to demonstrate their trust in the group.

COST: \$200/hour (Approximately 20 people can be served in one hour. Time will be rounded to the next half hour).

Level II: Low Ropes Course Activities are similar in the goal, but raise the level of challenge by taking the participants off the ground. These activities involve a series of cables, ropes and obstacles strung between trees or poles, 12 to 18 inches above the ground, that test physical strength, stamina, agility, balance and flexibility. Although participants may feel this is more physically demanding, success continues to depend on the team as everyone plays a role in each succeeding at the elements.

COST: \$200/hour (Approximately 20 people can be served in one hour. Time will be rounded to the next half hour).

Level III: High Ropes Course Challenges and Zip Lines offer both individual and partner challenges.

These are built on telephone poles and use climbing ropes, steel cables and wood platforms to test participant's resolve as they are raised 30-45 feet above the ground to complete their challenge.

Participants experience an overall greater sense of well-being and accomplishment through their progress in this course, especially when they reflect on their success at doing what they thought was impossible. Group reflection on how their new knowledge and self awareness can be applied to other situations completes the program and helps participants process what they have discovered through the experience.

COST: \$300/hour (Approximately 20 people can be served in one hour. Time will be rounded to the next half hour).