

Program Descriptions

TEAMBUILDING:

Challenge I: Field Initiatives (1.5 hr) – Begin a progressive experience aimed at building a group’s ability to communicate and function together toward common goals. Field initiatives will be fun and challenging activities that encourage teamwork and camaraderie. Best for ages 8 and up.

Challenge II: Team Elements (*Challenge I* required pre-requisite – 1.5 hr) – Take the next step toward building communication and problem-solving through a series of physical and mental challenges. Participants must use critical thinking and leadership skills to solve problems as a group and develop a more cohesive unit. Best for ages 10 and up.

Challenge Course (*Challenge I* required pre-requisite – 1.5 hr) – Groups build trust and confidence in one another on our Low Ropes Course. A variety of physical elements, ranging in height from inches to feet, prompt participants to think of the safety of others as well as setting and accomplish common goals. Staff members trained in safety and debriefing facilitate low ropes elements. Best for ages 12 and up.

Survival Scenario (45 min OR 1.5 hr) – By working together, participants navigate through various challenges in a mock survival situation. They will rely on one another to complete tasks such as negotiating an imaginary river, erecting a shelter and prioritizing the group’s needs. This is a team-building program that also teaches the essentials of back-country survival.

Climbing Tower (1.5 hr) – The tower of power! In this ‘Challenge by Choice’ activity participants decide how high they will aim for on our three-sided climbing tower. Self esteem increases and fears are overcome as group members encourage each other to climb to their goals and beyond. Participants wear protective gear; facilitators are trained in belaying and climbing safety equipment.

5

* indicates this is a “Trail” class which will be conducted while hiking and may require moderate physical exertion

(Martin Property) indicates this class will be conducted at our pond site and may require group to assist with transportation or combine with a “Trail” class