

## Working Together To Build Team Spirit!

This fun and exciting low ropes program is a great way to punctuate any group retreat or outing. Low ropes course activities provide groundwork and solution orientation for “real life” problems. Designed to take in depth teambuilding initiatives outside for a high energy, program that focuses on fostering camaraderie and communication while having fun!



### Low Ropes Course

Low ropes involve a series of problem solving elements in which groups must work together to accomplish a goal. These challenges will have your group working physically and mentally to solve a challenge. This high-energy group challenge, designed for all ages and abilities, will bring out community spirit in all of your team members. The day begins with a warm-up, followed by a fun and dynamic program designed to get everyone involved.

Friendly and knowledgeable facilitators will provide guidelines to a series of challenges, but it is up to the team to create a strategy to complete the challenge at hand. Each team will work through a series of team challenges designed to foster cooperation and team bonding.

Our facilitators will keep score, motivate, and make sure each challenge is completed thoroughly. They will offer a debriefing after the program to talk about how the group worked together as a team, and how their experience can relate to work, school, and life.

#### **Suggested start time**

1:00pm, duration 2 to 4 hours.

#### **Level of Difficulty**

Moderate.

#### **Cost**

\$125.00 per person, plus service fee.

Program may be customized to fit group size, location, time frame, goals, and budget.

#### **Trip includes**

Friendly and knowledgeable facilitators, site fees, challenges, equipment.