## What a difference a day makes!

Once a group finishes our Challenge Course, participants will walk away with a variety of skills and understanding. Here are some awesome outcomes!

- Recognition of their strengths and weaknesses
- A better understanding of their peers
- An increase in mutual support within the group
- Creative problem solving abilities as a team

## I want to do this! What are the next steps?

1. Determine the ideal program for your group - not sure which one is right for you? Contact our trained staff to help you choose a program
2. Choose a few possible event dates that work
3. Contact Christine Kustra to determine availability at christine_kustra@rlapd.org or 847-546-8558
4. A 2-week lead time is appreciated for the reservation - more is even better!
5. Reservation confirmation will be sent to your email address

**Fun, Trust, Teamwork!**

Round Lake Area Park District

# HART'S WOODS Challenge Course

> **"The strength of the team is each individual member. The strength of each member is the team."**
>
> *-Phil Jackson*

### Get in Touch

**phone:** 847.546.8558

**address:** 860 Hart Rd, Round Lake, IL 60073

**www.rlapd.org/challenge-course**

# What Is A Challenge Course?

A challenge course is an interactive learning process that facilitates growth within your group, both individually and dependently.

## Which Groups Benefit?

- Corporate
- Youth/Family
- Sports Teams
- Elementary to College Students
- Special Needs Groups
- Churches
- Teachers
- Scouts

## What Can A Challenge Course Accomplish?

For Adults & Kids

- Improved Conflict Resolution
- Improved Decision Making
- Increase Self-Confidence
- Cooperation
- Learning to take appropriate risks
- And much more!

## What Programs Are Offered?

### Teams Course - Low Elements*

- This is a series of initiatives or low rope elements designed to gain insight and experience to help them through future challenges both on the course and in their daily lives.
- **Age:** 6th grade-Adult
  **Group Size:** 10 - 15
  **Cost For 2 Hours:** $215/group profit; $115/group non-profit (schools)
  **Cost For 4 Hours:** $420/group profit; $220/group non-profit (schools)

### Cooperative Games

- This program provides kids in grades 3rd to 5th grade an opportunity to focus on cooperation and communication while internalizing social skills.
- This program can be a catalyst for good things to come.
- Bring you class!
- Bring your scouts!
- **Age:** 3rd-5th grade
  **Group Size:** 10 - 15
  **Time:** 2 hours
  **Cost:** $115/group
  **Add-on:** $50/ 2 low elements

SCOUTS BSA

### Portable Games - We Come to You!

- Perfect for company team building exercises, conferences, school group, scout troops, and organizational outings.
- **Age:** 3rd grade-Adult
  **Group Size:** 10 - 35
  **Time:** 2 hours
  **Cost:** $300/group profit; $250/group non-profit (high school); $175/group non-profit (3rd - 8th grade)

** Low Elements meet the Illinois Social/Emotional Learning Standards*

**Contact Christine Kustra at 847-546-8558 to schedule your group today!**