What a Difference a Day Makes!

Challenge Course participants report:

- Increased mutual support within the group
- Recognition of strengths in self and others
- Improved relationship with peers
- Increased creativity
- Greater self-awareness and confidence

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? Our trained staff will help you choose a program
2. Choose a few possible event dates that work
3. Contact Kathy Paczynski at kathy_paczynski@rlapd.org or 847-546-8558 to reserve your space at the Hart's Woods Challenge Course
4. A 2-week lead time is appreciated

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 a series of initiatives designed to develop teamwork, effective communication, trust, and problem solving. Elements test the group physically and mentally. With each activity the group develops insight and experience to apply to life situations.

Which Groups Benefit?

- Corporate Groups
- Sports Teams
- Elementary to College Students
- Special Needs Groups
- Church Groups
- Teachers
- Scouts and Clubs

What Can A Challenge Course Accomplish?

For Adults & Children

- Increase motivation and confidence
- Develop problem solving skills
- Improve group cohesion
- Generate optimism
- Practice conflict resolution
- Enhance emotional and social skills
- Foster interpersonal skills

What Programs Are Offered?

Teams Course*

- A challenge course combines structured activities with physical and mental challenges. The format fosters teamwork and results in personal and group growth and development.
- **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

- Children participate in games that foster cooperation, communication, and negotiation. Bring your class or group together with listening, sharing, and old fashioned fun.
- This program can be a catalyst for good things.
- Bring your class!
- Bring your scouts!
- **Age:** 3rd-5th grade
  Group Size: 10 - 15
  Time: 2 hours
  Cost: $115/group
  Add-on: $50/ 2 low elements

Portable Cooperative Games

- A simpler solution to your teambuilding needs; we'll bring cooperative games to your location. Suitable for scouts, corporations, and schools.
- **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)

** Meets the Illinois Social/Emotional Learning Standards*

Contact Kathy Paczynski at 847-546-8558 to schedule your group today!