



## **Program Options**

### **Up on a Wire**

This is our traditional full-day or half-day team building program that utilizes our low and high ropes challenge course to bring out the best in your group. Teams will focus on confidence-builders, communication, cooperation, strategic thinking, trust, unity, collaboration, and most of all fun. Courses can be tailored to your needs if you have a certain goal in mind for the group, otherwise it will be what we the facilitators feel the group needs as we progress through the day.

### **Office Rivalry / Vertical Olympics**

A competition-based program that is ideal for any staff that are in a competitive but cooperative field. The group will be split into teams of 6-10 and given various tasks and challenges to accomplish as a unit. Points will be given for each completed challenge with a winning team emerging at the end of the day.

### **Weekend Retreat**

Many teams realize they need more than a day to work on their teamwork skills. Springwood Adventures will work with you to plan a 2-day retreat for your team filled with communication, trust, team building, fun activities, strategic planning sessions and cooperation skills. Springwood Adventures will help you with all arrangements; food, meeting space, hotels/camping, keynote speakers, and transportation to and from our campus.

### **Springwood Service**

Springwood Adventures will help you create a team building program that is based around giving back to your community. We will work with you to find a local charity in need of volunteers where your group can give back and also form bonds and communication skills with their team. This is not only a great team building idea, it is also a great way to give back to your community.

Achieve New Heights  
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