

## High Elements

The high elements utilize a professional rope safety system and focus on individual accomplishment with group encouragement.

**Time:** 8 to 10 people/ per hr.  
**Ages:** 12 & up  
**Group Size:** 8 minimum



### The Flying Squirrel

This favorite element is unique in that

it creates a “flight” courtesy of the other members of the group. A person is pulled off the ground as the rest of the group runs with the rope that is attached to the participant. It’s a thrilling example of teamwork & group trust.



### The Tree Climb

Similar to a climbing wall, but on a tree! This individual challenge invites participants to scale the 30’ plus

route to the platform high above the forest floor. What an accomplishment when they wave to their applauding teammates from on top of the platform!

## Time on the challenge course will allow your group to...

Identify STRENGTHS  
& WEAKNESSES

**BUILD RELATIONSHIPS**

Practice Dealing with  
**PROBLEMS**

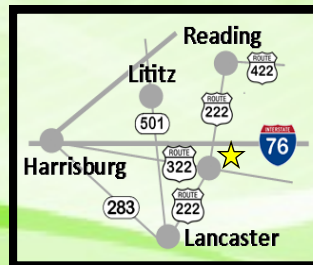
Improve Communication

*Discover  
Hidden Potential*

*Enjoy Shared Experiences*

*Develop Conflict Resolution*

**SHARE  
SMILES & LAUGHS**



**WOODCREST  
Retreat**

225 Woodcrest Drive  
Ephrata, PA 17522

Woodcrest Retreat is located 25 minutes from both  
Lancaster & Reading.

**717-738-2233**

**info@woodcrestretreat.org**

or visit us on the web at:

**www.woodcrestretreat.org**

Woodcrest Retreat also provides rental facilities for small groups and youth retreats. Facilities include cabins, rustic shelters and RV campground. To schedule your group contact the office.



## CHALLENGE COURSE

*A great teambuilding  
experience for any  
group - youth, business,  
school or church.*





# Challenge Course

Our Mission - Your goals . . .

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The challenge course is designed to give your group a unique opportunity to interact together and creatively overcome various initiatives. Groups of any kind will have fun as they learn the importance of encouragement and building trust as they communicate together to solve problems. Your group will move beyond just creative fun and benefit from applying these “created” challenges to real life.

All activities are facilitated by trained staff using professional equipment. Your goals are important to us as we strive to effectively serve your group. Depending on the type of group, our staff will include a debriefing time to focus on applying lessons learned to their relationship with and trust in God.



## Low Elements



Sessions begin with some fun games and activities to promote teamwork and communication. As your group experiences the problem solving initiatives they will have the unique opportunity to interact with, trust, and encourage one another. Throughout the experience, your group will be encouraged to apply these “created” challenges to life.



Whale Watch



Spider's Web



The Maze



Mohawk Walk



All Aboard



Trust Fall



Log Jam



Iceberg



Time: 1-3 hours

Ages: 12 & up

Group Size: 8 min.

