



## ROPES COURSE PROGRAMS

YMCA Camp Kresge offers a variety of team-building opportunities for your team. From sports teams to leadership teams, we have the right program for you. If you are looking to re-energize and re-focus your team, our professional facilitators can help you drill down on topics such as communication and planning. In addition to team-building, YMCA Camp Kresge also offers a variety of ropes course elements set among the trees. These elements have been designed to challenge participants and to build strong bonds among team members.



### YMCA CAMP KRESGE

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUILDING A STRONGER TEAM

YMCA CAMP KRESGE  
Ropes Course and Team Building  
WILKES-BARRE FAMILY YMCA



## TEAM BUILDING INITIATIVES AND LOW ROPES

### Team Building Initiatives

Getting to know your team is extremely important. It is understanding the group dynamic that will make your team successful. Team Building Initiatives present situations where the group dynamic is evident. The facilitator and group leaders will be able to see who the leaders are, who follows, and how that plays into the productivity of the team. The initiatives get progressively more challenging as the group continues to grow within each challenge. At the end of each initiative the facilitator processes with the group what happened during the challenge. Many facilitators will use three questions during this discussion.

- What?
- “What happened?”
- So What?
- “So what does that mean for this team?”
- Now What?
- “Now what are you going to do with this information?”

The team will have an “ah-ha” moment and be able to apply this new realization to their everyday role within the team.

### Low Ropes Course

YMCA Camp Kresge has a Low Ropes course comprised of 8 team challenge elements. These elements range from swinging tires to the suspended log. During the team’s time on this course, it is important to focus on the outcomes of the team. What is it that you want to accomplish as a group while on the course?

Facilitation is the same as the team building initiatives. Everything that is learned during the course will be applied to real-life situations for the team.



### High Ropes, Climbing Tower and Zip Line

#### High Ropes

While there is no “I” in team, the team is made up of individuals whose strength controls the team’s success. The focus of the High Ropes course is to help individuals build confidence and to work together in small groups with a partner or two.

Participants are put into situations and face challenges they normally would not face in their everyday lives. Additionally, these challenges on the ropes course are at a 30ft height. There are 5 High Course circuit elements and 2 stand-alone elements. Outcomes for this exhilarating program include communication, problem solving and self-confidence building.



### Climbing Tower

YMCA Camp Kresge’s 30 foot climbing tower has 3 different levels of difficulty throughout 6 different routes. Teams that climb the tower focus on the outcomes of problem-solving, goal setting and communication.

This program is customizable to include a progressive aspect of goal setting. Participants start on the beginner route and work their way up to the moderate, as well as the advanced.

Success is measured by the individual through their goal setting of how high they are going to climb. Facilitators focus on challenging participants to climb beyond their goals. This activity is processed throughout the activity and at the conclusion. All outcomes and learning is applied to real-world situation.

### 480’ Zip Line

The High Ropes Course culminates with a ride on YMCA Camp Kresge’s 480 foot Zip Line through the trees. This element can also be added to a Climbing Tower Program for a nominal fee.

The Zip Line is a great way to challenge your team on the platform of the Zip and to reward them with the 480 foot ride through the trees.

