

# EAST PEAK CHALLENGE

*Paul Fisher*

"ARE YOU UP TO THE CHALLENGE?"

Together Everyone Achieves More

The success of any organization ultimately depends on how efficiently its team works together toward a common goal. Communication, trust, self-confidence and defining goals are the cornerstones to building a great team. The Paul Fisher East Peak Challenge can be designed for individual challenges and/or team challenges. The course provides an environment where your team will work together to develop shared responsibility, individual accountability and mutual support during each activity. The YMCA's rustic outdoor setting allows you to step away from the tensions of the office or school and begin to work as a team at a basic level.

### The Goal:

Teambuilding participants leave the Saleeby-Fisher YMCA with a springboard to transfer the unity, cooperation, and teamwork experienced during the teambuilding exercises back to their organization. Best of all, the laughing, playing and working together promote a sense of camaraderie and pride that lasts well beyond the day's experience.

### Objectives:

- ⊕ Increase self confidence
- ⊕ Multiply team efficiency and productivity
- ⊕ Develop conflict resolution skills
- ⊕ Develop creative problem solving skills
- ⊕ Instill leadership and "followership" skills
- ⊕ Change "I can't" attitudes to "Can do" ones
- ⊕ Promote communication and listening skills
- ⊕ Develop appreciation of fellow workers and students
- ⊕ Stretch physical and emotional lines people have drawn for themselves.



**SCHEDULE:** 2 WEEKS PRIOR

**DURATION:** 4 HOURS

**AGE:** 8 YEARS AND UP

**COST:** \$20.00/PERSON

**MINIMUM:** 10 PEOPLE

**MAXIMUM:** 15 PEOPLE



## LOW PEAK CHALLENGE

Designed for 8 years old and up, low peak is 25 ft. high. To access this course you must either climb up a cargo net or get hoisted up in a basket. You will be led to a tree house, 3 cable elements and a zip line!

## HIGH PEAK CHALLENGE

Designed with the more adventurous in mind, high peak is 35 ft. high. To access this course you must climb up a cargo net. You will navigate your way across 7 cable elements to a zip line. **Minimum age 11 yrs.**

### Schedule of Events

Introduction/Devotion

Low Initiatives

Equipment Instruction

Triangle Practice

\*High or Low Ropes Course

\*determined at time of scheduling



## LOW INITIATIVES

Low initiatives are ground elements that require teamwork to accomplish group goals. Designed to accomplish group goals these initiatives are planned for each individual group.



**SALEEBY-FISHER YMCA  
EAST ROWAN BRANCH**

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