

# Sample **TEAM BUILDING** Schedule

Team Building from Lake Geneva Ziplines & Adventures creates events for your team to **grow** through custom team building facilitation. Recognizing every team is unique, we start by taking time to learn about your group and specific goals. We then offer multiple options for you to choose from, with a variety of physical challenge levels and which fit into your timeframe.



8:45 am Arrival and check in

9:00 am Welcome and start of facilitated program

Our programs follow a progression of activities. Initial activities are aimed to energize the group and promote engagement. Later activities require groups to problem solve and practice team skills.

***Example Energizer Activity - Nick Names and Catch Phrases***

*Share a childhood nickname or one you wish you had, and combine it with actions. Starts group interactions, builds energy and encourages creativity.*

***Example Focusing Activity - Pass the Energy***

*It may sound simple until you try! Pass the sound of a clap around a circle. A starter challenge introducing the group to collaboration, synchronous action and mutual support.*

***Example Low Problem Solving Activity - Resources***

*Travel with your team from point A to point B by using a set of place holders without touching the ground or losing any valuable resources. A group challenge to create and implement a plan.*

10:30 am **Low Ropes Course** - 16 elements test collaboration skills as groups work to achieve success within the parameters of each element while using spotting techniques. Elements add a physical challenge to the experience, and shift the focus of the group by adding a new level of complexity to the problem solving experience.

11:45 am **Capstone Activity** - A final activity requiring groups to bring all their practice in communication, collaboration and mutual support together to achieve success in a set of more challenging parameters.

12:30 pm **Program Debrief** - Questions, guided discussion and feedback are utilized throughout the day. At the close of program, a final discussion helps groups transition their experience back to the workplace and identify specific aspects of focus for the team.

1:00 pm End of facilitated activities



# ADVENTURE Together

Many team building groups choose to add an adventure to their program. Package pricing is offered to groups participating in both team building and adventures!

## Zipline Tours

### Full Zipline Tour

A 2.5 hour adventure including 9 ziplines, 5 sky bridges and 4 spiral staircases all through the treetops! The final zip is a dual line allowing two people to race each other!



### Short Zipline Tour

A 1.5 hour tour through the first 4 ziplines of the course. A great introduction to ziplining, these lines are the shortest in length and height. This tour does not require any stairs or sky bridges.

### Dual Racing Zipline

A short adventure on the final zipline of the course. Zip through the valley with skyline views over Lake Como as you race a friend down tandem lines 1,221 feet long.



## High Ropes Excursion

Challenge your limits with the jungle gym in the sky! Try 17 different obstacles elevated up to 32' off the ground. Choose individual challenges or use team work. Great for groups!



## Climbing Tower

Belaying to climbing, this is an adventure for everyone! A four-sided 35 foot high tower offers multiple levels to engage, starting with a rock wall angled 15° off vertical, to the cliff hanger or vertical playpen.

Know  
Before  
You Go!

- Plan to arrive at least 30 minutes before the start of scheduled activities.
- Each participant needs to complete and sign a waiver. Participants under 18 must have a legal guardian sign the waiver.
- All adventures and programs require shoes with an enclosed toe and heel.
- Dress for the weather! Activities take place rain or shine.
- Check the age, height and weight restrictions for your adventures:  
Zipline and High Ropes - 7 years old, 4 feet tall, and between 70-250 pounds.  
Climbing Tower - 4 years old and under 250 pounds



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