



## Facility Rental Programming

YMCA Camp Kresge offers a variety of programs and activities for your group's stay. Each program is charged on a per class basis, and each class is appropriate for about 15-20 people total. Programs are approximately one hour long, unless otherwise noted below.

Please contact the Camp & Conference Director to book your group's programming, or if you have any questions. Prices available when speaking with the Director.



### Teambuilding & High Adventure Programs



With a focus on communication, trust and teamwork, these activities are great for groups of all ages, from scouts to corporate events!

**Group Games:** Participants will have a chance to run around, have fun, enjoy each other's company play games which are cooperative in nature. This can be combined with Team Challenge for ice breakers and community building. Appropriate for all ages.

**Team Challenge:** Participants work together to solve fun and interesting challenges. The importance of cooperation, listening, participation, and encouragement are stressed.

**Teambuilding:** A more intense team-building experience (suggested for students in 7th grade or above) focused more on support/trust/leadership and communication. 2 hour program

**The Beast:** This game is all about communication. Some students will see the "Beast" and the team will try to communicate how to replicate the "Beast" to their teammates. A fun, active game of Telephone with a positive learning message.

**Catapult:** Students compete in small groups to build a catapult out of supplies given that will launch a bean bag as far as possible. They will also create a skit to sell their product. Ideal for any age group.

**High Ropes Course:** Build self-confidence, agility and support your fellow participants while you traverse wires and ropes. With 13 total elements, we have something for everyone! - 2 to 3 hour programming.

**Trenta:** Our classic 30 foot High Ropes Course. Participants enter the course by climbing the tower and traverse elements including the "Dreamweaver" and "Pirates Crossing". Participants must be 12 or older.

**Venti:** Enjoy the fun of high ropes at a younger age! The 20 foot course is open to participants beginning at age 10. Elements include the "Log Walk" and "Bosun's Swings". This course runs very similar to the 30 foot course, but apprehensive participants will find the height easier to manage. *Please note: unless otherwise coordinated, requesting high ropes in your rental will open Trenta, not Venti.*

**Leap of Faith:** Trust and nerves of steel are important things to have and build as participants climb 30 feet to stand on top of a telephone pole. Once there, they will leap off and try to hit a suspended object with their hand. The rest of the team will help belay the participant. A great way to push the comfort zone. (12 years old and up only)

**Climbing Tower:** Build self-confidence and physical fitness on our 30 foot climbing tower. Can be run in conjunction with our zipline option below. (Ages 5 & Up)

**Climbing Tower & Zipline:** After climbing up our 30 foot tower, celebrate with a ride down our 450 foot zipline! Can be ran in conjunction with just climbing tower. (ages 10 and up) - 1-2 hour program



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## Recreation Programs



Looking to enjoy each other's company outdoors? These programs offer a relaxing atmosphere to foster community and learn new skills.

**Archery:** Participants will be developing skills with bows and arrows at our Archery Range, a once in a lifetime skill for many participants. There are a variety of target games that can be played as well.

**Boating:** We can offer canoe lessons for your participants as well as recreational boating sessions. Participants learn basic water safety, boat terminology, and practice paddling around our 32 acre lake. Camp Kresge Lifeguard and equipment provided.

**Guided Hike:** Participants will hike one of Camp Kresge's many trails. Camp is a great place to explore nature and take some photos with friends. Destinations include the Lake Loop or Adam's Ale (a natural spring).



## Evening Programs



The fun doesn't end when the sun goes down! Camp Kresge Staff can assist in providing night owls with fun beneath the stars!

**Campfire:** The traditional way of entertaining each other at camp. Skits, songs and stories lead by Camp Kresge staff. S'mores are available at an additional charge. – 45 minutes  
(If you are just interested in a staff member lighting your fire, please coordinate with the Camp & Conference Director)

**Night Hike:** Discover the natural at night and learn about nocturnal critters and their adaptations. Learn about our own senses, try some night time experiments and gaze at a starry night if clear. – 45 minutes

**Cabin Challenge:** This program is for groups of 30 people or more. It is a great program that creates team unity. The group is split up into teams by the cabin they are staying in. Each team is then asked to fill a pillow case with items that they might need. The Camp Staff call out the items on the list and each team gets points for the items that they have. A great program for any age.

(Please note: Catapult and The Beast are adaptable for Evening Programs as well.)

