

Team building at the ROC

Motivate! Communicate! Rejuvenate!



Spring/Summer/Fall

Amusing Race (2 hours)

The most daring competition ever attempted. Teams will race one another to the finish line by competing in a series of mental and physical challenges that incorporate the group's combined skills. Whether you are shooting, trekking, biking or climbing – there is something for everyone.

Cost per person	Ideal Participants	Activity Level
\$26	50-150	Medium

Team Building with Low Ropes (3 hours)

Low Rope initiatives provide teams with an opportunity for goal setting, problem solving and achievement as they work together to complete challenges. These facilitated activities are team focused but also increase individual confidence and harness a cooperative atmosphere among peers. Upon completion, the group will reflect on their successes and shortcomings and how these strategies can be applied to everyday life.

*Low Ropes are a combination of ground and in-air (1-foot) activities. An indoor option is available.

Cost per person	Ideal Participants	Activity Level
\$30	10-50	Low

High Ropes and Climbing Wall (3 hours)

Take your team to new heights, literally! As a team, participants will take turns climbing the wall individually with the support of their fellow colleagues. Once everyone has conquered the rock wall participants will be introduced to the High Ropes Course through a ground school experience. In pairs, participants will traverse around the course supporting and challenging themselves on the elements.

Cost per person	Ideal Participants	Activity Level
\$30	20-40	High

Low Ropes and Vertical Playground (3 hours)

Challenge your team to low rope initiatives and then take it to the next level on our vertical playground. As a team, participants will take runs climbing rope ladders, tires, tubes and much more. Climbers will be supported by their colleagues.

Cost per person	Ideal Participants	Activity Level
\$30	10-20	Low-Medium

Beach Volleyball, Soccer or Dodgeball (2 hours)

Dig your toes in the sand and experience beach volleyball, beach soccer or even beach dodgeball. Play a few games for fun or play in an organized tournament.

Cost per person	Ideal Participants	Activity Level
\$15	20-80	Low-Medium

Archery (2 hours)

Spend some time outdoors and learn the basic skills of archery. Using bow and arrows, participants will learn the proper techniques and apply their new found skills to compete in a variety of different games and activities.

Cost per person	Ideal Participants	Activity Level
\$15	15-20	Low

Disc Golf (2 hours)

Enjoy a long walk around the ROC property playing a round of disc golf. Disc golf is the perfect combination of Frisbee and golf.

Cost per person	Ideal Participants	Activity Level
\$15	12-54	Medium



Winter

Snow Tubing (3 hours)

Tubing is a high thrill activity that will raise everyone's spirits! Take the carpet lift to the top of the 105-foot high hill and slide down 1300 feet of snow on your very own tube! Join tubes with friends or race your colleagues.

Cost per person	Ideal Participants	Activity Level
\$20	60-150	Medium

Activity Level:

Low: Minimal walking, light to moderate activity. On-ground activities.

Medium: Walking and moderate activity level. On-ground and in-air activities.

High: Walking and moderate-to-high-intensity activity level. In-air activities, up to 40 feet.

***Participants always have the ability to choose their level of activity and challenge.**

Looking to add business with pleasure?

Ask us about our meeting spaces. Additional fees apply.

Applicable taxes will be applied to all fees.



GEORGINA

The ROC
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georginaroc.ca



Team Building Request Form

Ensure all information is accurate and complete. You will be contacted within a 24-hour time period to confirm your booking. Email Bianca Labrador at blabrador@georgina.ca

Company name: _____

Contact: _____

Email: _____ Phone: _____

Mailing Address: _____

City: _____ Postal code: _____

Number of Participants: _____

Arrival time: _____ Departure time: _____

Meeting time: _____ Activity time: _____

Date options

Option 1: _____ Option 2: _____ Option 3: _____

Activities

Amusing Race

High ropes and climbing wall

Beach volleyball, beach soccer or beach dodgeball

Disc golf

Team building with low ropes

Low ropes and vertical playground

Archery

Winter tubing (January to March)

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