



## CHALLENGE BY CHOICE

Everyone in your group will be involved, regardless of physical ability. Our program follows the "Challenge by Choice" method. All your participants will determine their own level of challenge during our activities. We also will find ways to stretch the boundaries of everyone's comfort zone, ensuring a truly engaging experience for your group.

## MISSION STATEMENT

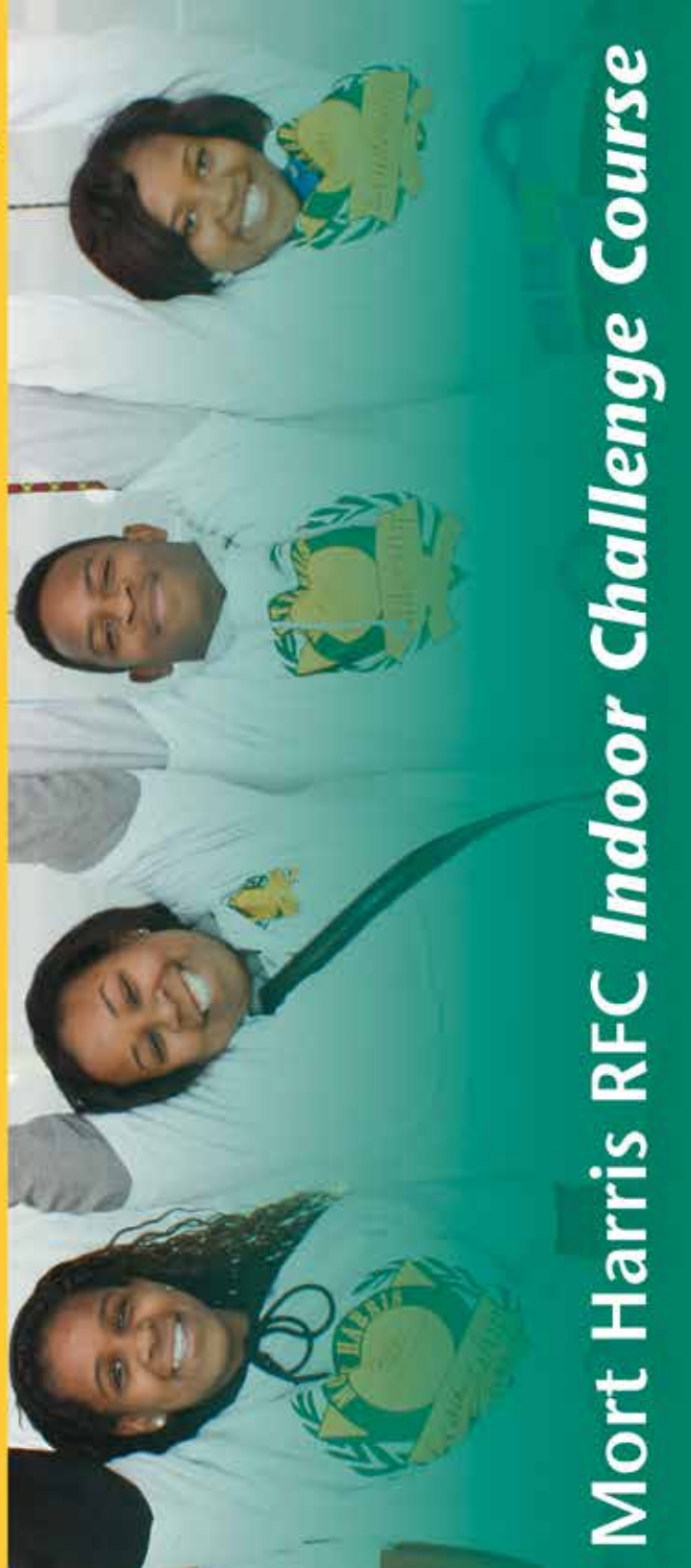
Our program's mental and physical initiatives will improve trust, communication, and problem solving skills on both an individual and team basis.



**Mort Harris Recreation  
and Fitness Center**  
DEPARTMENT OF ATHLETICS

5210 Gullen Mall  
Detroit, MI, 48202

Phone: 313.77.6712  
Fax: 313.577.5843  
[www.rfc.wayne.edu](http://www.rfc.wayne.edu)



**Mort Harris RFC Indoor Challenge Course**



**GOOD JOB! YOU CAN DO IT! KEEP GOING! DON'T GIVE UP! YOU'RE ALMOST THERE! GOOD IDEA! YOU MADE IT! THAT'S IT! YOU'RE SO CLOSE! KEEP TRYING! DON'T QUIT NOW! YOU GOT IT! YOU'VE MADE IT REALLY FAR!**

## HIGH ROPES CHALLENGE COURSE

Our high ropes challenge course is suspended from the ceiling above the basketball courts and is the perfect introduction for your group to the learning outcomes of experiential education. Our course features 15 different elements that focus on teamwork and interdependency. Groups will learn to communicate effectively, listen to each member, recognize individual strengths, and utilize collaborative efforts.



## FULL DAY PROGRAM

This six hour program includes team building, low rope activities, and the high ropes challenge course.

### Typical Full Day:

- Introduction & Goal Discussion
- Warm Up Team Building
- Low Elements
- High Elements
- Wrap Up Discussion

### CAMPUS GROUPS

*Students & Staff*

**\$359**

### Non-Campus Groups

*Churches, Clubs, Organizations, Teams, Companies, Youth Programs, etc.*

**\$469**

## HALF DAY PROGRAM

Four hour option includes either team building and the low ropes activities or the high ropes course alone.

### CAMPUS GROUPS

### Non-Campus Groups

**\$259**

**\$359**

### All Reservations

- 2 week advance notice required
- 25% non-refundable deposit
- Signed waiver required



Team building is a fun experience for your participants to gain trust or to tighten a bond that may or may not have existed before in a group. Our program consists of physical and mental initiatives designed to challenge and strengthen individuals to work together in a group. These initiatives are an introduction to our fun and thrilling high ropes challenge course.