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

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.

Mort Harris Recreation and Fitness Center
DEPARTMENT OF ATHLETICS
5210 Gullen Mall
Detroit, MI, 48202
Phone: 313.776.6712
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HIGH ROPE CHALLENGE COURSE

Our high rope challenge course is suspended from the ceiling above the basketball courts and is the perfect introduction to 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 6-hour program includes team building, low rope activities, and the high rope challenge course.

Typical Full Day:
- Introduction & Goal Discussion
- Warm Up Team Building
- Low Elements
- High Elements
- Wrap Up Discussion

CAMPUS GROUPS: $359
Non-Campus Groups: $469

HALF DAY PROGRAM
Four-hour option includes either team building and the low rope activities or the high ropes course alone.

CAMPUS GROUPS: $259
Non-Campus Groups: $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 rope challenge course.