

WSU Indoor Challenge Course

SAFETY AND TRAINING

The Mort Harris Recreation and Fitness Center has professional staff with extensive training in operating the High and Low Ropes Course. Additionally, our staff has years of experience in facilitating team building activities, and we are eager to help your group!



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
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Adventure Programming

ROPES CHALLENGE COURSE

Located in our basketball court hanging from the support beams, our Ropes Challenge Course is perfect for your group to bond together during this challenging experience. Your Student Organization, Department, or group will climb up thirty feet and traverse through **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 **\$359**
Students and Staff

Non-Campus Groups **\$469**
Churches, Clubs, Organizations, Teams, Companies, Youth Programs, etc.

HALF DAY PROGRAM

Four hour option includes either Team Building and the low ropes activities or the high ropes course alone.

Campus Groups **\$239**

Non-Campus Groups **\$359**



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 Ropes Challenge Course.

All Reservations

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