

MORT HARRIS
RECREATION & FITNESS CENTER

TEAM BUILDING



LOW & HIGH
**ROPES
COURSE**



TEAM BUILDING



MORT HARRIS RFC BUILDING HOURS

Monday - Friday: 5:30 a.m. - 11:00 p.m.

Saturday/Sunday: 10:00 a.m. - 7:00 p.m.

RFC.WAYNE.EDU

TEAM BUILDING

At the Mort Harris Recreation and Fitness Center, our team building activities and ice breakers are energizing events that combine fun interaction with a high level of problem-solving, innovation, and strategic planning. They are designed to enhance individual and team growth through experiences that have a strong connection to teamwork, trust and communication. Our team building events will strengthen the cohesiveness of your group while providing key insights and applicable skill sets.

All programs will be tailored to meet your group's specific goals. Whether you are looking to gain trust within a group, work on communication, build respect, get to know everyone more, or just simply have an exciting day with coworkers, our team building facilitators will cater their program to specifically match each individual group's goals for that day.



LOW AND HIGH ROPES COURSE

Located in our basketball court hanging from the support beams, our Low and High Ropes Course is perfect for your group to bond together during this challenging experience. Your Student Organization, Department, or group will climb up thirty feet on 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. If you're looking to bring your group together, then this is the perfect opportunity! The program options are listed below.

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. These initiatives are an introduction to our fun and thrilling Ropes Challenge Course.

PROGRAM OPTIONS

TEAM BUILDING & LOW ROPES PROGRAM

This is a three hour program that includes icebreakers, team building activities, and low ropes elements all tailored to your group.

HALF DAY PROGRAM

This four hour option includes icebreakers, team building activities, low ropes elements, plus an hour on the high ropes course.

FULL DAY PROGRAM

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

ABOUT OUR PROGRAMS

EXPERIENTIAL LEARNING: It has been estimated that we remember only 20% of what we hear, 50% of what we see, and 80% of what we do. Our adventure program is built upon this concept of active involvement leading to profound learning. We provide hands-on activities that engage the mind and body. After these activities, our professional staff will engage your group in thought provoking discussions which can lead to real change in attitudes, beliefs, group cohesion. Share this experience with your group, and watch the effects!

CHALLENGE BY CHOICE: Our Adventure Program follows the “Challenge by Choice” method. Your group participants will determine their own level during our activities, and we will find ways to stretch the boundaries of everyone’s comfort zone, ensuring a truly engaging experience. Everyone in your group will be involved, regardless of physical ability!

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!

PRICING

	WSU STUDENT GROUP	UNIVERSITY RELATED	NONO-UNIVERSITY RELATED
3 HOUR PROGRAM • TEAM BUILDING	\$110	\$145	\$180
HALF-DAY • 3 HOURS TEAM BUILDING • 1 HOUR HIGH ROPES	\$230	\$310	\$390
FULL-DAY • 3 HOURS TEAM BUILDING • 1 HOUR LOW ROPES (1.5 HOURS) • 1 HOUR HIGH ROPES(1.5 HOURS)	\$280	\$375	\$470

** Additional charge for each person over our 20 person pricing*

SCHEDULE YOUR PROGRAM

Ready to schedule a program or want more information? Follow the link below and fill out the Program Intake Form and our staff will review the information and contact you to schedule your program. Contact Melanie Stawkey at (313) 577-6712 or by email at mstawkey@wayne.edu.

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