



Camp Hazen YMCA

Adventure Programs

In all Adventure Based Programs, there will be a focus on getting to know and appreciate other group members, clear communication and teamwork. Hazen staff will facilitate and debrief each activity encouraging Participants to learn from the experience and relate behaviors back to life outside of camp.

Program Activity Choices:

- **Alpine Tower** - The 55' high ropes challenge course has over 30 different routes offering challenges for beginners to advanced climbers. Participants will wear harnesses and helmets and will be belayed by Hazen staff. Camp Hazen facilitators will help the group to use the Alpine Tower as a tool to work on enhancing self-esteem, trust, risk taking and encouragement.
- **Carolina Climbing Wall** - The Carolina Climbing Wall is 35' high structure with 6 different climbing routes of varying degrees of difficulty. Similar to the Alpine Tower, the Carolina Climbing Wall can be used as a tool to work on determination, self control, perseverance, personal satisfaction, achievement, trust, responsibility and problem solving.
- **High Ropes Course** – The High Ropes Course has three different elements each with a varying degree of difficulty. Similar to the Alpine Tower, the High Rope elements can be used as a tool to work on overcoming difficulties, achievement, problem solving, confidence and success. The High Ropes Course is more focused on individual success with the support of other team members. The elements are the Multi-Vine, Islands in the Sky and the Leap of Faith.
Zip Line – The Zip Line is a 300 foot long cable about 25 feet off the ground. To experience exhilaration and satisfaction through determination, self control and challenge. To expect growth and achievement by accepting the risks and challenges of a high element.
- **Team Building Course** - Camp Hazen facilitators will guide participants through a series of activities that are designed to bring a group of individuals together as a team to work on skills such as: Communication, trust, cooperation, respect, teamwork and problem solving.
- **Giant Swing** – Experience the thrill of swinging like a pendulum from a height of up to 30 feet. You will be exhilarated and satisfied with your personal success along with the support of your team.
- **Problem Solving Initiatives** – The group will be lead by Hazen facilitators. This is made up of a series of tasks or initiatives that must be completed by the group. In addition to some of our field initiatives this activity also includes some small fun competitions such as 'The Famous Egg Drop' and 'Balloon Towers'.
- **Archery** – Our Staff will teach the basics of archery. Every student will have the opportunity to experience success in this class
- **Mountain Biking** – Our Staff will teach the basics of mountain biking in a short skill class. Then the group will head out for a ride, the route will be chosen based on the comfort of the class.
- **Creative Arts** – Participants will have to opportunity to join the fun in our creative arts block, the activities could range from candle making to jewelry, or dream catchers to sand drawings.
- **Nature Hike/Shelter Building** - Hazen staff will lead the Participants into the woods. A scenario will be set where the group has to work together to build a shelter out of only natural debris found in the surrounding area.