



YMCA CAMP REED CHALLENGE COURSE EXPERIENCE

GENERAL INFORMATION

The Camp Reed Challenge Experience provides the opportunity for your school, group or team to grow together! This course takes place at Camp Reed in a unique wilderness setting. Through fun and challenging activities and positive group dynamics, we facilitate individual growth and team bonding. Activities are not designed to be competitive, but are designed to increase confidence, communication, and competence. The philosophy is "Challenge by Choice". Participants must be in good physical condition to participate.

Challenge Course

- Outstanding 4 hour program
- 8-12 participants per group
- Up to 5 groups per session
- Sessions: Morning (8:30am-12:30pm) & Afternoon (1pm-5pm)
- Groups must use Camp Reed Facilitators

RATES, RESERVATIONS, AND DEPOSIT

Non-profit:

- 4 hour session for 8-12: \$325

Climbing Tower

- 4 hour session: \$300

Additional options:

- Zip-line: \$100.00 (12 person maximum per session)
- Lodge: \$100.00
- Castle: \$100.00

To Confirm Your Date: A non-refundable deposit equal to one half of the total charge is required to reserve your date. *Due to staffing issues, we may not be able to accommodate changes to participant numbers made less than two weeks before arrival. For this reason please provide us with ACCURATE NUMBERS at time of reservation. There can be no discount given to groups who arrive with fewer participants than anticipated.*

Payment in Full:

Payment in full is due two weeks in advance, unless prior arrangements have been made. Camp Reed will refund payment less deposit and optional charges if cancellation is made two weeks before arrival. Cancellations made less than two weeks before arrival will not be refunded. If Camp Reed chooses to cancel, the user group will receive a full refund.

INSURANCE

User Group agrees to save and hold harmless the YMCA of the Inland Northwest, staff and/or volunteers, for personal injury and/or property damage occurring during the use of YMCA facilities at Camp Reed or arising out of this contract. Your group must provide a certification of insurance evidencing our liability coverage with minimum limits of \$500,000, combined for personal injury and/or property damage. Note: The YMCA does not provide any user group health or accident coverage for rental groups. All people using the Camp Reed facility agree to provide their own health and accident insurance.

CLOTHING

Wear comfortable clothing and sensible shoes that you don't mind getting dirty. During rainy days, we generally continue, so bring a poncho or rain gear. We will take shelter during severe weather such as thunder or lightning storms. A detailed clothing list will be provided with group contract.

WHO MAY PARTICIPATE?

Anyone of “good” physical condition, age 11 to adult may participate. If you have any physical condition out of the ordinary, please inform us so that we may assist you in performing activities safely for your condition. These activities are designed to be used by participants of varying levels of physical fitness. Our staff will assist you in taking the next step in learning and growth that is suitable for you.

SEVEN MAJOR GOALS

1. **Teamwork:**

Teamwork is the key that allows a group to meet a challenge successfully. This experience makes it clear that each individual can accomplish more as a member of a team than by doing it alone.

2. **Communication:**

This program encourages learning of critical listening and discussion skills important for any group attempting difficult tasks.

3. **Trust:**

Participants completing difficult tasks on a course develop trust in facilitators, the safety of the course, others, and themselves.

4. **Decision Making:**

Groups make decisions by developing one or more solutions to a problem, considering the available resources and alternatives, and evaluating the probable results.

5. **Leadership:**

Leadership is given and assumed naturally. It can be expressed in many ways. Team members attempting to solve problems may have many opportunities to develop and exercise leadership skills.

6. **Problem Solving:**

This program challenges groups and individuals to develop solutions to interesting problems. Participants can then test their solutions and evaluate the results.

7. **Self Esteem:**

Meeting the challenges of a course allows individuals and groups to develop self-esteem and encourages them to adopt challenging and attainable goals.

HIGH COURSE ELEMENTS

Camp Reed has seven high course elements. All elements are Challenge By Choice. Each group has the opportunity to choose ONE high element. Element will be chosen by the facilitator unless the group makes a special request in advance.

Burma Bridge:

Participant climbs a pole to 30 feet then uses two wobbly hand cables for balance while crossing a wobbly foot cable. *Intermediate level.*

Catwalk:

Participants climb a tree or pole while on belay, and crosses a long beam approximately 30 feet above the ground. *Intermediate level.*

Flying Squirrel:

Wearing a full-body harness, participant is launched into the air by running teammates and flies in circles over the ground. This is our only team-belayed event and is not physically demanding for the participant. *Easy level.*

Multi-vine:

Participant climbs a pole while on belay to approximately 30 feet, then uses swinging ropes for balance while crossing a wobbly foot cable. *Intermediate level.*

Pamper Pole:

Wearing a full-body harness and on belay, participant climbs and balances on the top of a 30 foot telephone pole. The goal is to jump and grab a swinging trapeze 10 feet away. *Difficult level.*

Skywalk:

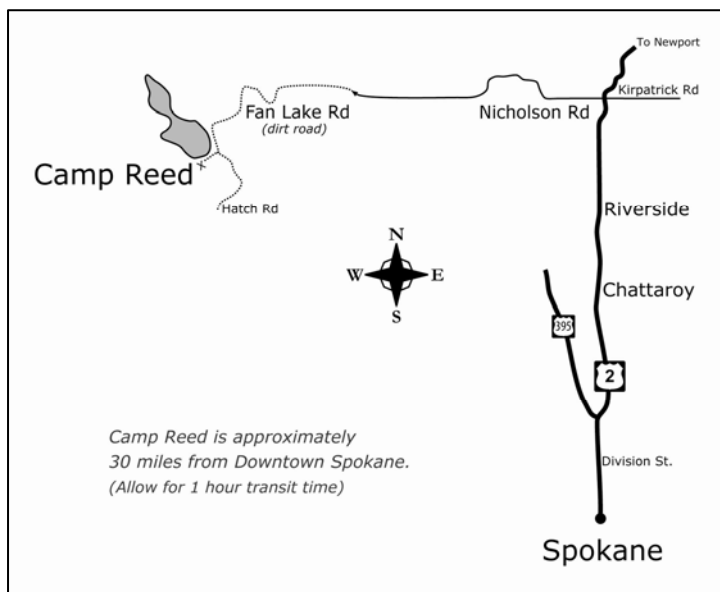
Participant climbs to 30 feet while on belay, then crosses a series of swinging steps. *Difficult level.*

Zipline:

Participant climbs 40 feet above the ground while on belay, and is then clipped into a zip line lanyard. From a sitting position, they “zip” down a 300 foot cable. Only one group per session may participate and there is an additional \$100 fee because an extra facilitator is required. *Easy level.*

DIRECTIONS TO CAMP REED

- From Spokane travel north to the Division Y and veer right onto Newport Highway (US 2) towards Riverside.
- Drive through Riverside.
- After entering Pend Oreille County (big sign), watch for Nicholson Road. Turn left at Nicholson Road.
- Stay left on Fan Lake Road as it turns to dirt and winds down to Fan Lake (approx 1.2 miles). Be cautious of two-way traffic on the narrow, hairpin curves.
- The Camp Reed entrance is on the right just after you pass the lake.



Thank you for considering YMCA Camp Reed.
For reservations, or if you have questions, please contact us:

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