

PRICING/REGISTRATION

If you are interested in letting us help you reach new heights please visit our website at www.shreveportymca.org or call the Camp Forbing office for a list of prices and registration.

CHALLENGE COURSE BENEFITS...

- Improve group skills in communication and leadership.
- Develop trust and respect for individual differences.
- Improve group cohesion and teamwork.
- Create a supportive environment.
- Increase self confidence and self esteem.
- Have Fun



YMCA Camp Forbing

Challenge and Teambuilding Course



YMCA of Northwest Louisiana

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To build healthy
spirit, mind and body for all!



A great way to have some fun and check out what you are made of is on our 50 ft vertical climbing tower. With 4 challenging sides your group can add this element as a great way to complete your day on the low course or use it by itself as its own challenge. Climbing towers have many different uses: from team challenge, to individual challenge, building climbing skills, or recreation.

Camp Forbing provides all equipment necessary to run low and high challenge courses as well as fully trained ACCT certified facilitators.



If your group has completed work on our low element course and is still looking for an adventure then our High Ropes Course is a great way to test oneself in a fun and safe environment. High elements are great for developing trust, respect, self confidence and self esteem. Your adventure can be sequenced to your group's individual needs. All events on our course are "challenge by choice" which means participation is requested but not mandatory, as some of these elements may be outside of an individual's comfort zone. A participant sets their own goals at the same time the group sets goals. Our high course is a dynamic course that allows for groups to go through all 11 elements sequentially or to choose elements and create their own unique adventure. You can even end your day with the ride of your life through the trees on our 100 ft. zip line!



Low Ropes Teambuilding Course

If you have a group who is having difficulty working together or needs a quality bonding experience a day on our low ropes course is the perfect environment. Participants are first taken through a series of warm-ups and de-inhibitors, activities that are non-competitive and have little to no problem-solving, in order to familiarize themselves and begin to set the tone for the day. Facilitators go over what the essential elements of a successful team are and work with the group to develop a sense of trust and cooperation as they assess the group's level of readiness for the next phase. Participants are then broken up into teams of 15 or less in order to go through a series of initiatives and low challenges. After each challenge the groups are debriefed by their facilitator over their performance and what strengths were exhibited and what areas of improvement need to be made. Working together is an important skill that does not always come naturally. By participating in the low ropes course this skill can be better developed and understood.

