

Why we offer Challenge Course Activities:

Camp Loughridge and its staff desire to offer groups the opportunity to grow beyond where they are in their current relationship with God, others, and themselves. We accomplish this by utilizing trust activities, group initiatives, and low/high Challenge Course elements.

Challenge Course with Retreat Rates:

Half-Day: \$20.00/person Minimum 12 Participants, Minimum age is 10 years old.

A half day will include trust activities, group initiatives, and low course elements only. The purpose of these activities would be to increase the mutual support of participants within a defined group and to allow the group to plan, set goals, and evaluate the process of accomplishing those goals.

Full Day: \$30.00/person Minimum 12 Participants , Minimum age is 10 years old.*

A full day would include all the elements of a half-day, plus high course elements. The purpose of these activities include all that is mentioned above, plus it gives the individual participant the opportunity to increase his/her level of self confidence within a group by experiencing activities that allow them to step out of their comfort zone in a safe and controlled environment.

* Some high elements may be limited to age 14 and older.

Camp Loughridge will provide:

A certified facilitator for every 18 - 20 participants
A challenging experience of stretches, games, initiative problems, low, and high ropes course elements to challenge the individual and your group.
An opportunity for your group to have experiences based on a specific theme such as:
trust,
conflict resolution, problem solving, group building, or Christian commitment.

Things you need to know:

All Challenge Course activities must be reserved in advance. Each participant will need to fill out a Health Information & Release Form prior to participating in any of our Challenge Course activities. All release forms must be received in the Camp office **1 week prior** to their scheduled date on the Challenge Course. If a participant is under 18 years of age we must have a parent/guardian signature on the Health Information & Release Form.

The activities your group will be engaged in are outdoor activities, so plan to dress appropriately for the weather—layers are best. Wear comfortable, **closed toe** shoes (No sandals or flip flops). We recommend bringing a bottle of water, sunscreen, hat, sunglasses and insect repellent.