



ACTIVITY DESCRIPTIONS

(I) Intellectual / (P) Physical / (MO) Mini Olympics

4 Way Tug Of War (P)

With 2 to 4 teams, participants grab the ends of the rope and pull. Objective for 2 teams (is to pull the opposing team across the middle marker). Objective for 4 teams (is to pull the opposing teams towards your corner of the 4 way rope).

Archery (MO)

Using precision and master technique, get your arrow closest to the bullseye.

Baton Relay (MO)

Race through the obstacle course making sure to pass off your baton to your teammates to finish ahead of your opponents.

Biathlon (MO)

Participants will compete in a mock biathlon with snow shoes and target shooting.

Blind Line up (I)

Each participant is given a playing card with a number on it. Eyes will be shut when organizing your group in numerical order.

Bobsleighbing (MO)

Participants will compete in a potato sack race on the sand track mimicking the Bobsled Olympians.

Dodgeball (P) / Handball (MO)

Teams must try to eliminate their opponents by hitting them with thrown balls.

Flag Football (MO)

Play a competitive game of Football, while trying to capture your opponent's flag.

Get Twenty (I)

In different groups the facilitators give out 3 or 4 cards per group. Groups must come up with as many equations that equal 20 only using the numbers on the cards.

Helium Pole (I)

Teams must work together to lower the pole to the ground and raise it back up without any members disconnecting their fingers from the pole.

Human Black Jack (I)

Each participant is given a large playing card which they cannot look at. The card is placed on their forehead for the rest of the group to see. Without talking groups must arrange every person in groups to win a game of black jack (21).



Human Checkers (I)

Each team will take their place on the life size checkers board and be the first to knock their opponents off the board.

Human Foosball (P)

We bring the popular table game to life where your group becomes the actual players.

Human Hoola Hoop (I)

Groups will be interlocked and linked together at their hands and work together to maneuver hoola hoops around the group without breaking the link.

Inside Out

Participants must get themselves outside of the circle without using their hands or stepping over the boundaries.

Invisible Maze (I)

Teams must make their way through a pre-determined maze by remembering the correct path.

Joust (P)

Just like the popular television series American Gladiators, your group can battle their opponent to the finish on the gladiator joust. We provide you with protective gear and a safe and fun environment to compete in.

Lacrosse

Compete in a game of lacrosse using mini catchers.

Lily Pads (I)

Teams must get every member of their team in a specific method across the "crocodile filled river" using lily pads.

Mine Field (I)

In teams or pairs, participants must verbally guide their teammates through the mine field avoiding mines and/or mousetraps to finish in the quickest time.

Obstacle Course (P)

Your group can split into teams and compete to see who can get through the obstacle course in the fastest amount of time.

Portable Shuffle (I)

Without talking, all participants will align themselves along the portable shuffle (skinny board) in order of age, height, etc.

Relay Race (P)

Teams must race through a strategic relay race and be the first to cross the line.

Rockwall (P)

Join us for an outdoor rock climb on our newly renovated 40 foot rock wall. This is a safe and enjoyable activity for all ages and levels. Harness and helmets available.



Rowing (MO)

All teammates must link themselves together while maneuvering on scooters paddling to the finish line.

Soccer (P)

Indoor: The ultimate indoor sports facility with the latest in turf surfaces that plays, looks and feels like real grass.

Beach: Men and women of all ages and skill levels can enjoy a game of beach soccer, while team building.

Soccer Shoot Out (P)

Facilitators create an obstacle course that ends in a shot on net. Teams must go through the course one at a time and must score to tag the next person in line.

Speed Skating (MO)

Using the striders (2 long thin mats with handles where feet are placed) teams must maneuver themselves as a group around the oval course speeding to the finish line.

1) Steal the Bandana or 2) Knee Koo (P)

1) Teams will be given bandanas that will be tucked in the back of each of their players' pants. The objective is to steal as many bandanas from the opposing team as possible. If your bandana is stolen, you are considered frozen until a bandana retrieved back from a teammate.

2) A tag elimination game that requires participants to tag other people's knees in order to get them out.

Sticky Snake (I)

Without removing their hands from the rope, participants must undo the knots from the rope.

Taekwondo (MO)

Your group can battle their opponent to the finish on the podium using balance and agility. We provide you with protective gear and a safe and fun environment to compete in.

Team Strider (P)

Using the striders (2 long thin mats with handles where feet are placed) teams must maneuver themselves as a group to the finish line.

Turn Over a New Leaf (I)

Using the large tarp all participants stand on it and must flip the tarp without anyone stepping off.

Volleyball (P)

Step barefoot onto our 25,000 square foot beach featuring nine Olympic-sized outdoor sand courts. Groups of any size can enjoy a game.



Water Balloon Toss (P)

Teams must toss water balloons to each teammate putting all non-broken balloons into a bucket.

Water Polo

Complete against your opponent, using water filled balloons with the objective of getting the most amount of balloons in the designated area.

Water Tubes (P)

Each team will work together to fill up their tube with water from a distant bucket. Once the tube is filled, the ball will raise to the top. (SECRET: Tube has many small holes that will make it more difficult to fill and retrieve the ball.)

What Goes Where (I)

Participants pair up and sit back to back. Each person is given the same items and directions and must come up with the same outcome as their partner.