



Life AdventuresSM Program

Philosophy

"Within each person exists the seeds of confidence, awareness and achievement."

Program Approach

An interactive learning approach encourages cooperation, trust, self-knowledge, and a willingness to believe one can do something never before accomplished.

We can custom design a specific program based on your needs and desired outcomes. Programs can vary in length from a few hours to multiple days.

Program Components

Teambuilding
 Leadership & Life Skills Development
 Adventure Travel
 Diversity Sensitivity
 Environmental Education
 Confidence Building
 Expeditionary Learning

Outdoor Adventures

Backpacking	Cross Country Skiing
Camping	Hiking
Canoeing	Rappelling
Caving	Rock Climbing

What others are saying . . .

"I firmly believe the social growth that happens in one day would have taken two months or more in regular school days."

-- *John Bouc, campus minister, Althoff Catholic High School, Belleville, Illinois*

"Even the kids who have been together now see each other in a different light here."

-- *Kathleen Kelley, guidance counselor, Columbia Community High School, Columbia, Illinois*

"These activities do what they are designed to do."

-- *Mary McHugh, Franklin School, Belleville, Illinois*

"Life Adventures delivers ... their programs offer our youth life challenging opportunities that we would not otherwise be able to give them."

-- *Diane L. Sonnenman, Program Director, Griffin Center, East St. Louis, Illinois*



YMCA of Southwest Illinois

LIFE ADVENTURES PROGRAM OFFICE

424 Lebanon Avenue
 Belleville, IL 62220
 618-233-9485 phone
 618-233-9486 fax

YMCA OUTDOOR CENTER

2437 Park Road
 Belleville, IL 62220

YMCA Outdoor Center & Life AdventuresSM Challenge Education Services



YMCA

We build strong kids,
 strong families, strong communities.

YMCA's Life AdventuresSM Challenge Education Program

The **Team Challenge Course** consists of more than 40 distinct events requiring participants to balance, climb, lift, jump and think through



solutions to a variety of situations. Benefits of participation include team development, greater cooperation, problem solving, and increased self-confidence.

Mobile Initiatives, also called Portable Team Challenge Course, can be conducted indoors or outdoors. Designed to promote teamwork, these activities offer the same benefits as the Team Challenge Course.

The **High Ropes Course** consists of a series of obstacles suspended from telephone poles approximately 40-feet in the air. Highly trained, certified staff and specialized equipment ensure your safety at all times. The new zip line offers an exhilarating ride! Conquer this course and you'll feel like you can conquer the world!



The **Portable Climbing Wall** can often be seen at local festivals, schools, and all over town. Our popular 23-foot wall provides a fun and challenging experience with three unique climbing routes appropriate for all ages. Includes all necessary equipment and certified staff. Challenge yourself to reach the top and ring the bell! Develops self-esteem and builds confidence.

The **Rappelling Tower** provides a rock climbing and rappelling experience at the Outdoor Center.

YMCA Earth Service Corps gives teenagers an opportunity to participate in environmental education programs, leadership development programs, field trips and community service projects. Participants develop an awareness of cultural and social differences and have fun in this group that meets regularly at the Outdoor Center.



Outdoor Expeditionary Learning Activities include backpacking trips, canoeing adventures, overnight camping, nature hikes, and visits to nearby historic sites as well as far-away places like the Grand Canyon and Boundary Waters. All programs can be custom tailored to meet your group's needs. Expeditions to local caves are fun ways to learn about natural history as well as provide a means to develop teambuilding skills. Trained, certified staff provide a "safety first" atmosphere at all times.



YMCA Outdoor Center

The **Outdoor Center** provides a scenic 55-acre getaway that's conveniently located just 5 miles south of Downtown Belleville at 2437 Park Road. It's an ideal setting for teambuilding activities, staff retreats, company picnics, family reunions, birthdays and a variety of outdoor activities. The High Ropes Course, Zip Line, Team Challenge Course, picturesque lake, Lakeside Center, restrooms and a large pavilion with picnic tables and barbecue pit are all located on the grounds of the YMCA Outdoor Center.

During the summer, the **Outdoor Center** is home to two of our popular day camps for youth and teens, Adventure Camp and Teen Extreme.

The **Lakeside Center** accommodates up to 50 people in a comfortable climate-controlled setting with an outdoor deck that overlooks the large lake.

Challenge yourself ...
with an unforgettable Life AdventuresSM experience!

