

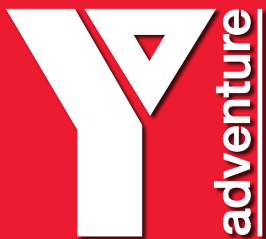


Y adventure

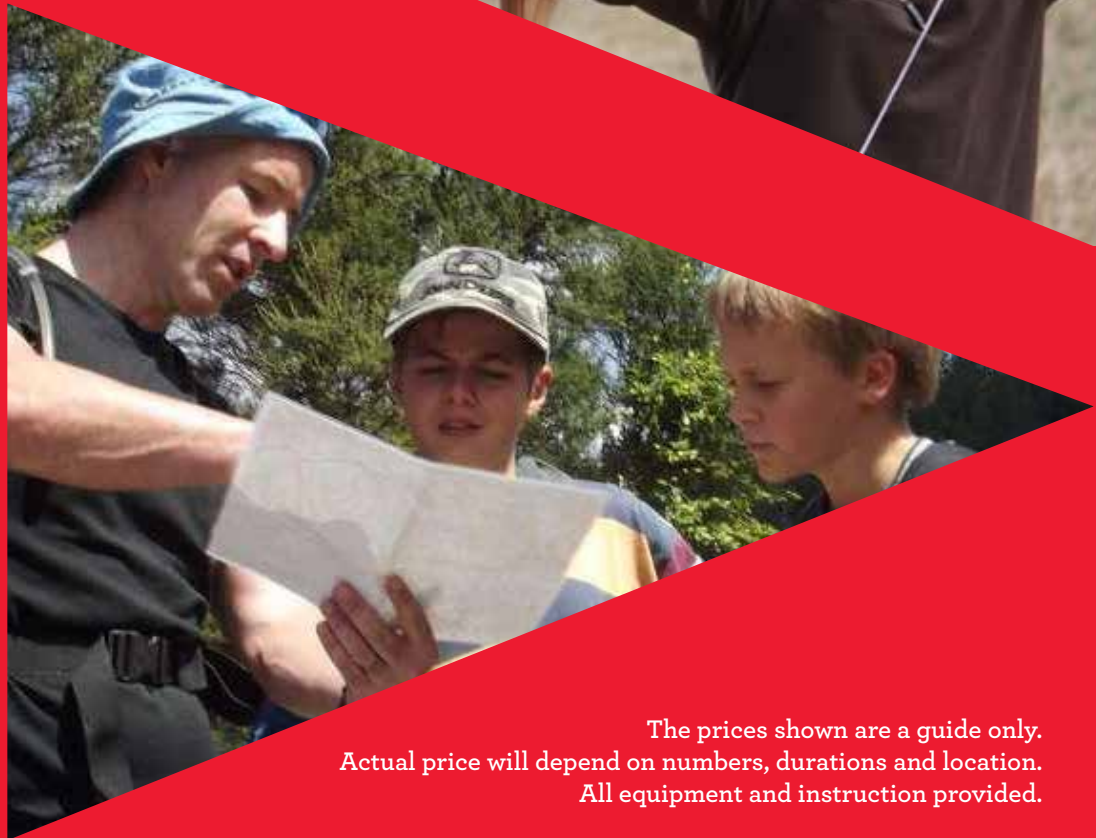
Activity Modules

Find out more at
www.ymcahb.org.nz





Adventure Activity Modules



The prices shown are a guide only.
Actual price will depend on numbers, durations and location.
All equipment and instruction provided.

Group Development Activities

Adventure Based Learning Games

Problem Solving | Decision Making | Team Building | Communication | Trust

A variety of group games and activities planned in a carefully sequenced session and bringing out learning in a fun and creative environment.

Our portfolio of activities include both outdoor and indoor activities.

Location: A range of sites available.

Guide Price: \$10 - \$30 a head.

Target Activities

Archery

Live out your inner Katniss Everdeen or Robin Hood. Archery is fun and provides a fast learning curve as practise gets you closer and closer to the bullseye.

Outside or inside with our special backstop netting to prevent damage.

Location: YMCA, Local reserve, school field, gym or hall or camp area.

Guide Price: \$15 a head.

Archerysoft

Progress to targets that move, and even shoot back! Archerysoft - a cross between archery, dodgeball, tag and paintball. All equipment is constructed to cause no damage to either participants or the surroundings.

Location: YMCA, Local reserve, school field, gym or hall or camp area.

Guide Price: \$17.50 a head.

Map-based Activities

Urban Rogaine

It's a competition! Participants use orienteering skills and strategy to race to get to as many markers as possible in a given time period. Within the course two or more teamwork activities are stationed so participants can gain extra points if completed within certain time frames.

Duration: 1 – 4 hours. Location - Ahuriri. Guide Price: \$8 - \$15 a head.

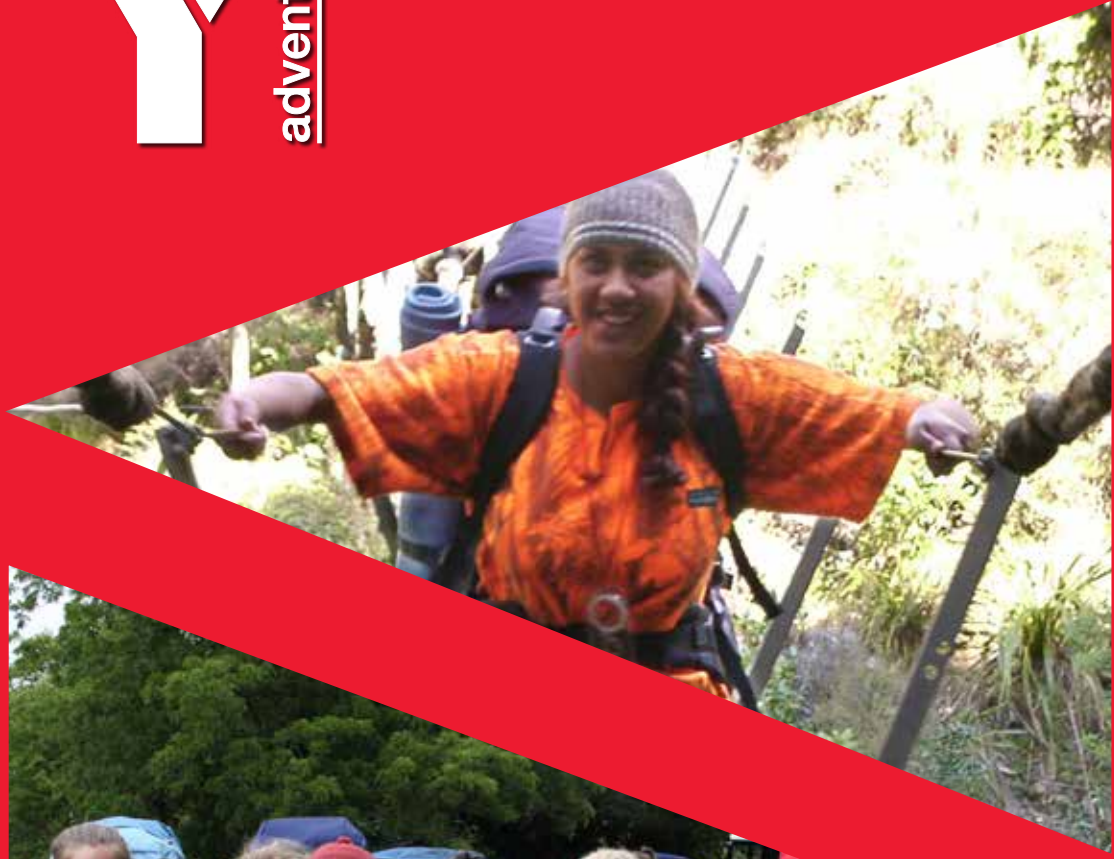
Orienteering

Using a variety of activities and learning styles, participants will be introduced to map reading and navigation techniques. In pairs or teams, participants battle against the clock to decode the map and find the markers before the time runs out.

Location: Local reserves or campsites. Guide Price: \$10 a head



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Bush Activities

Bush Skills

Bring out your Bear Grylls! Using a variety of locations, bush activity sessions are aimed to learn skills to survive in the outdoors.

Bush survival | fire lighting | camp cooking | river crossings | search and rescue | building survival shelters | outdoor first aid | flax weaving | sling making and use (David & Goliath type) | route finding and navigation.

Location: A range of sites available.

Guide Price: \$15 a head.

Stream Walking

Using the environment of water and land we can guide your group through land and water to visit pools and waterfalls in both farmland and native bush. Walk through the stream, learning about the native bush and animals as you go.

Location: Kaweka Forest Park or Clifton.

Guide Price: From \$30 a head.

Tramping

Want to explore some of New Zealand's most amazing native bush? Pack your bag and head off on an adventure.

Tramping can either be a single day or multi-day, carrying all the equipment you require (clothes, bedding, tents, food and cooking equipment) or just lunch and gear to get you through the day.

Locations are dependent on age, ability and fitness level. Tramp to a hut or campsite for the night, learn about the native bush and animals, make a trap or a pack, and how to build a fire.

Locations: Ruahine or Kaweka ranges, The Ureweras, the Maungahururu range.

Guide Price: From \$25 a head /day.



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Height-based Activities

Abseiling

Participants are equipped with harness & helmet, instructed in abseil techniques and then lower themselves down a cliff while under the safety of a qualified instructor. Heights vary from 7m to 15m. Participants are challenged to face fears, step outside their comfort zone, build trust and confidence with themselves.

Location: Tower at YMCA Hastings, Bluff Hill, Napier, Te Mata Peak or indoors.
Guide Price: \$20-\$30 a head.

Bridge Traverse

Challenge | Teamwork | Trust.

Experience the thrill of walking 15m above a vigorous river with the bridge above you. Equipped with safety harnesses, helmets and anchored to our safety lines the participants walk the structure under the bridge with, at times, nothing between them and the flowing waters.

Location: Kuripapango, 1 hour from Napier.
Guide Price: \$80 a head.

Climbing

Experience rock climbing at our Y-Adventure climbing tower.

Equipped with safety harnesses and ropes, and under the expert tuition of our instructors, you will develop your balance skills and climbing techniques to get to the top of the tower or challenge your group climbing at our indoor venue.

Location: YMCA Climbing Tower or inside at a Napier venue.
Guide Price: \$15 a head.

High Ropes

Designed for confidence and team building, the high ropes course will challenge physically as well as building confidence, co-operation and communication. Learn to walk the beam, cross the wires or conquer the three wire bridge. Work with a partner to defeat the dangle duo or the vertical play pen, or face your fears and jump for the trapeze from the top of the pole.

Location: 40 min north of Napier, (at Guthrie Smith Education Centre).
Guide Price: \$65 a head

Flying Kiwi

Be challenged and thrilled as your group haul you to great heights, safely equipped with harness and helmet. Enjoy the view suspended from the rope. This activity develops resilience, courage as well as requiring cooperation and communication.

Location: 40 min north of Napier, (at Guthrie Smith Education Centre).
Guide Price: \$50 a head.



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Water Activities

Funyak

Have a lot of fun, build water confidence and learn key paddling skills in our inflatable canoes (funyaks). Stable, versatile and forgiving these craft provide the basis for developing skills in working together.

Locations: Napier, Clive, Lake Tutira or other suitable site.
Guide Price: \$27 a head.

Tubing

Want to get wet and float down a river? We'll equip your group with inner tubes, ropes, and paddles, safety gear and guides. Participants will learn some simple knots and build rafts from tubes for an amazing trip down river.

Location: Tukituki river, Rissington.
Guide Price: \$20 - \$40 a head dependant on venue.

Raft Building

Work together as a team to plan, design and build a raft that is able to be paddled on flat water. Instruction is given on tying knots, construction and safety. We will provide you with suitable items to build your raft with – as well as safety gear and buoyancy aids.

Location: Ahuriri, Lake Tutira.
Guide Price: \$20 a head.

River trip

Enjoy a trip down the magnificent Tukituki river. Enjoy the sounds of the birds and sheep and the sound of the river winding and speeding its way downstream under the sight of Te Mata Peak. We provide safety equipment and competent guides - our forgiving and easy to paddle Funyaks make this trip a delight.

Duration: 2 – 4 hours depending on flow, group and trip length.

Location: Tukituki river.
Guide Price: \$50 a head.



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Adventure and Leadership

Year 6-8 Adventure Day

The adventure leadership day is an innovative program designed especially for year 6-8 students. Based on over two decades of work in the United States, students will experience and learn to develop their abilities to:

- › Work effectively in a team
- › Communicate with greater effectiveness
- › Solve problems in a group setting
- › Evaluate the effects of their behaviours
- › Learn about the effects of the people who surround them.

Based on a concentrated three-hour session, this can be extended to use a full school day if required. Group size can be up to a full class, all materials are provided by us. The sessions do need a dedicated hall or two rooms with cleared floor area.

Location: A range of sites available.

Guide Price: \$10 - \$30 a head.

Group Adventure and Leadership Programmes

Y-Adventure can deliver an adventure leadership programme where students will experience, learn and develop their ability to work effectively together and lead others. Problem solving, evaluating their behaviours and looking at the effects their own and others behaviours are all outcomes of these programmes.

Y-Adventure have a variety of possible programmes for years 9 - 13.

This could be a concentrated three-hour session, a full school day or a weekly session running over the school term. Group size can be up to a full class and all materials are provided by us.

Contact Kevin and talk to him about your group and he will plan a leadership programme to suit the needs and level of your students.

Location: A range of sites available.

Guide Price: \$10 - \$30 a head.

Safety First

Our belief is that every programme should be safe, fun and educational. We have comprehensive safety systems to ensure our clients have opportunities to experience the great New Zealand outdoors without being exposed to avoidable risks.

YMCA have been awarded the OutdoorsMark accreditation. Our qualified and friendly staff are highly experienced in working with people of all ages and skill levels.

OutdoorsMark



**Safety Audit
CERTIFIED**

Adventure Activities

Contact Y-Adventure:

Kevin Webb

Phone : 027 671 3366

kevin@ymcahb.org.nz

www.ymcahb.org.nz