

COURSE ELEMENTS

Cat Walk

Climbing Wall

Vertical Playpen

Multivine Traverse

Trust Fall

Adjustable

Bird's Nest

Mohawk Walk Five

Whale Watch

Swing To and
From Platforms

Islands

Trolleys

**"It was amazing!
I challenged myself
and put faith in
others to help
and guide me."**

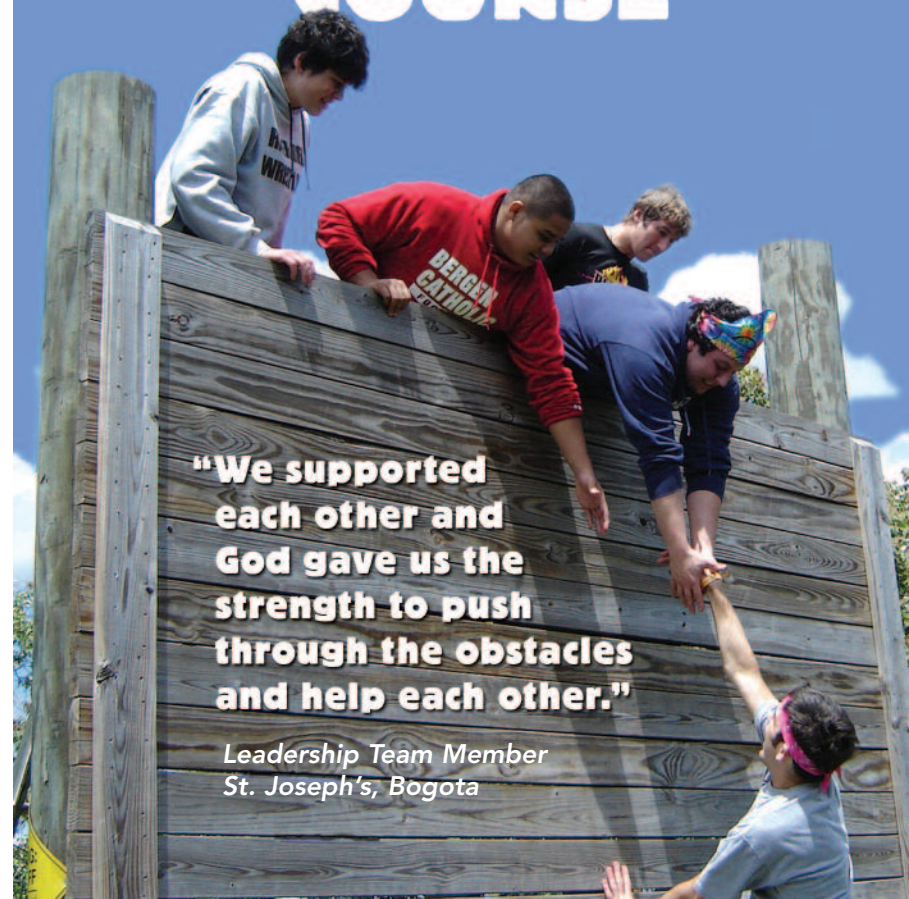
Rutgers University Student

BOOK NOW!

Archdiocese of Newark
Office of Youth Ministry
499 Belgrove Drive
Kearny, NJ 07032

CHALLENGE YOURSELF!

Archdiocesan Youth Retreat Center **CHALLENGE COURSE**



**"We supported
each other and
God gave us the
strength to push
through the obstacles
and help each other."**

*Leadership Team Member
St. Joseph's, Bogota*

The course is part of the Archdiocesan Youth Retreat Center, located in Kearny, New Jersey

What is a **CHALLENGE COURSE?**

A challenge course provides participants with a unique opportunity to work and play together on a series of problem-solving, group decision-making, and positive risk-taking activities.

Some are group elements, like "Noah's Ark," which requires participants to climb aboard yet keep the platform in balance. All elements require a combination of trust, support, commitment, coordination, balance, and teamwork. Everybody gets involved, everybody sweats, and everybody has fun.

Our highly trained professionals guide participants to improved communication skills, a lasting spirit of cooperation, and a commitment to shared goals.

Participants learn how to apply what they've experienced to their school and work environments. A day on the challenge course creates a positive foundation upon which to build team development.

Is it Safe? Is it Easy?

Your personal safety is paramount. That's why all of our activities occur in a caring and supportive atmosphere. We also subscribe to the "challenge by choice" theory.

That means that while our professionally trained instructors and facilitators will encourage you to move beyond your perceived limitations, they'll also respect your decision of how far you want to move outside your comfort zones.

We emphasize cooperation and mutual support, rather than competition and physical prowess. Although the program may be physically demanding, each person chooses his or her challenges.

Why bring a group?

Team-building, problem-solving, and trust are elements of a strong group. Ways to enhance and nurture these elements are what a challenge course is about. We believe the foundation of community building lies in our faith. Our challenge course incorporates faith and trust in God as the foundation from which your group can build community and teamwork.

Who can benefit from a Challenge Course program?

Everyone. Our challenge course will help to build communication skills, hone decision-making abilities, improve management and leadership skills, foster teamwork, and instill cooperation and trust among peers. Here are just some of the groups/programs who can benefit from a customized Challenge Course:

- Peer Ministry Groups
- Student Council Groups
- Freshmen Orientation
- High School Retreats
- College Groups
- Young Adult Groups
- Parish Retreats
- Core Leadership Teams
- Sports Teams
- Scouting Troops
- Jr. High & Middle School Students
- Mission Trip Participants

Let us custom design a program specifically for you. We would be happy to work with your parish or school to design a course that makes sense for your particular application. We encourage you to make an appointment to stop by the Center and tour the course firsthand.

We offer day programs as well as work to fit the challenge course into your weekend or overnight retreat. Inquire about special weekday discounts!

Want to know more? Let us show you the ropes...

Contact
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Visit our web site
www.newarkoym.com



**"God is with us
through everything
we do, even our fears
and challenges."**

Peer Ministry Leader,
Union Catholic High School

www.newarkoym.com