

# Teambuilding & Ropes Course Programs

Rewarding team adventures for schools, colleges and organizations

Programs are always designed to feature challenges and reflections to match your team's goals.

## Team Building

Build connections through exciting and engaging activities that are intentionally chosen for your group. These activities promote laughter, creative thinking, collaboration and social-emotional skills within your team.

## Challenge Course: Low Ropes

These elements are built close to the ground and require the group to accomplish a specific task. Requiring the group to build on their teambuilding successes, these elements emphasize trust, communication and problem solving.

## Challenge Course: High Ropes

Built 25-40 feet in the air, these elements safely challenge participants while providing the group the opportunity to model a positive environment of support and celebration for individual and group successes.

# Why Choose Us?

Hockomock Area YMCA has been providing the local community with teambuilding and ropes course programs for over 30 years.

Our programs serve all school ages, colleges, sports teams, local businesses, and groups of all types. Whether your group is established or together for the first time, our programs provide a fun, rewarding and memorable experience.

Our enthusiastic staff provide a fun and safe environment for your team. We set the tone by encouraging everyone to get active, laugh, collaborate and celebrate together. Based on your group's goals, our staff chooses initiatives, challenges and reflections for your program that build on each other throughout the day.

Our programs take place outside, away from desks and phones. With ropes courses at our North Attleboro, Franklin and Foxboro branches, we are always able to host your program locally.

This setting provides our guests an opportunity to connect in meaningful ways and build relationships. Which of our program options is best for your team?

HOCKOMOCK AREA YMCA

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Click here  
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[www.hockymca.org/franklin/team](http://www.hockymca.org/franklin/team)

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45 Forge Hill Road Franklin, MA 02038  
67 Mechanic Street Foxboro, MA 02035





"By the end of the day, our students were all more comfortable with each other."

- Annie Sullivan Middle School teacher



"The kids were engaged, excited and interested all day. I saw a lot of proud moments."

- North Attleboro Middle School teacher



# Our Programs

## ADVENTURES IN RESPECT

Our flagship program, Adventures in Respect, is focused on bullying prevention in our communities. Our program allows students to model a respectful, inclusive, supportive and safe school community. Students leave knowing that everyone deserves to be respected and accepted for who they are.

## ANCHOR: SOCIAL EMOTIONAL LEARNING

Developing social and emotional proficiencies is essential for our youth. Our staff visit your classrooms monthly to guide student growth through skills such as self-awareness, collaboration, critical thinking, relationship building and decision making. An annual trip to our ropes course is included.

## CUSTOM PROGRAMMING

If neither of our curriculum-based programs fit your group's needs, we will design a program specifically for you. Whether your goals center on leadership development, better communication, or creating connections through play, our staff will plan a day specifically designed around your goals.

## MOBILE PROGRAMS

Whether providing our curriculum-based programs or custom programming, our staff can come to your school or office and provide the same great programming.

## FIELD DAYS AND PARTIES

Celebrate your next birthday or event on the ropes course. Gather friends and family for a private afternoon of games and climbing. Option to include time on Y playing fields and swimming in our pools.

"It felt awesome when everyone cheered for me on the ropes course!"

- Easton Middle School student



"The staff were fantastic! Activities were well thought out and connected to our school values."

- Conservatory Lab Charter School teacher

