

# Focus Areas:

The 4H Challenge Course at Camp Long seeks to promote communication, decision making, teamwork, and self-efficacy through the experiential education process

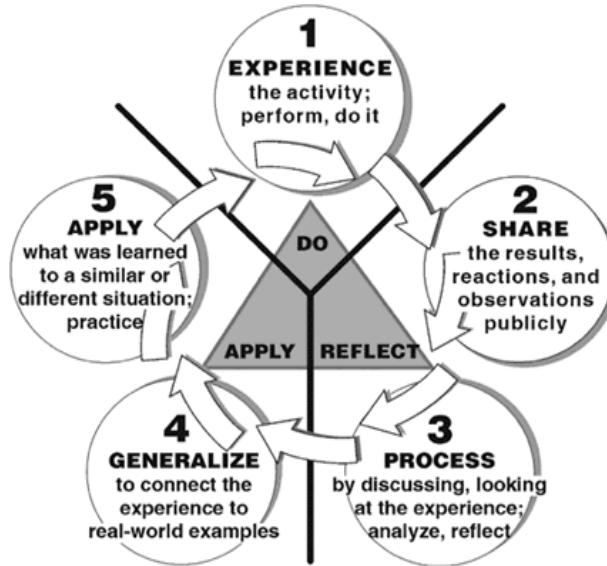
## COMMUNICATION



## TEAMWORK



## EXPERIENTIAL LEARNING MODEL

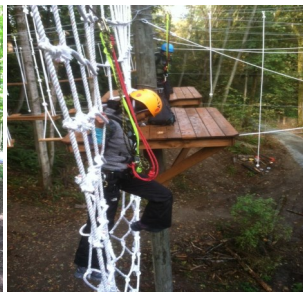


National 4-H Cooperative Curriculum System Inc.

## DECISION MAKING



## SELF-EFFICACY



**Program Offerings:** 4-H challenge programs are designed and sequenced to be more than just entertainment or recreation. They help participants learn new concepts and develop or enhance personal and interpersonal skills through meaningful and fun experiences. Our programs focus on grades 6-12 and adult groups.

### REGISTRATION

Call: 206-684-7434

E-mail: [camp.long@seattle.gov](mailto:camp.long@seattle.gov)

### MORE INFORMATION?

[www.seattle.gov/Parks/environment/challenge.htm](http://www.seattle.gov/Parks/environment/challenge.htm)

<http://www.seattlechannel.org/videos/video.asp?ID=4071328>

### RECOMMENDED SEQUENCE FOR HIGHEST BENEFIT

Low Course/Portable Elements 3-4 hours



Advanced Low Course 3-4 hours



High Course (3-4 hours each)  
Mt. Challenger → Enchantments

**Portable** is designed for groups to access the benefits of a challenge course experience in any space (classroom, office, etc.) *Think traveling Low Course!*

**Low Course** elements occur either at ground level or less than 12 feet off the ground. Challenges include swinging to platforms, walking on logs or wires, and learning to spot team members while on elements.

**Mt. Challenger** consists of the Vertical Playpen: team climbing through tires and obstacles with participant belayers, and a Trapeze Jump/Power Pole for personal goal setting.

**Enchantments** consist of high platforms where participants traverse between interconnected activities on slim beams, wobbly steps, swings and ropes. Participants exit via dual zip lines.

## Fees



### PORTABLE (off site)

\$175 per 15 participants  
3-4 hours



### LOW COURSE

\$300 per 15 participants  
3-4 hours



### HIGH COURSE

\$475 per 15 participants  
3-4 hours

**Limited scholarships available to groups in need**  
**Corporate group rates vary**

## BENEFITS

- **Give** and receive feedback in a supportive, nonjudgmental fashion
- **Practice** good listening with an intent to understand
- **Collaborate** and cooperate with people with diverse perspectives and backgrounds
- **Understand** roles and the impact of leadership styles
- **Learn** the value of team identity and interdependence among groups
- **Reinforce** self-esteem by experiencing individual & group success as you step out of your comfort zone
- Group discussions and personal reflections align to **Common Core State Standard** SL.6-12.1 (Speaking and Listening)



*STUDENTS CONQUERING THE WALL  
(EXAMPLE OF ADVANCED LOW)*



*TRAPEZE JUMP AT MT CHALLENGER*

## WHO WE ARE

The 4H-Challenge Course at Camp Long is a collaborative partnership involving Seattle Parks and Recreation and Washington State University Extension –4H and is supported by the Associated Recreation Council (ARC) and its affiliate, the Camp Long Advisory Council.

Our facilitators are trained and certified in areas of experiential education and adventure programming. All facilitators are CPR/First Aid certified.

Typical certification include training on each of the elements, an apprenticeship and observations by a 4H Trainer. You or your organization staff can also become volunteer facilitators.

Contact Camp Long at 206.684.7434 or email [camp.long@seattle.gov](mailto:camp.long@seattle.gov) for upcoming trainings.



WASHINGTON STATE UNIVERSITY  
EXTENSION

4-H Youth Development Program 

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

*Seattle Parks and Recreation  
**Explore More!***

*THE 4-H CHALLENGE COURSE  
AT CAMP LONG*



*STUDENTS EXPLORING  
THE ENCHANTMENTS*

*Fostering academic resilience,  
promoting life skills, and  
reflecting the skills our young  
people need for success in  
college and careers*

