



# Ironwoods Challenge Course

## Ironwoods Challenge Course Components

### TeamWORKS! (low challenge course)

Imagine your team swinging across a pit of alligators, pooling resources together to balance a cargo ship, or brainstorming together to solve an ancient riddle and escape from a treacherous pyramid!

Our low challenge course experience is facilitated primarily on the ground and up to 3 feet in height using small structures and creative props (no harness or safety gear necessary!). We will design a program for you that can range from low to high physical activity. Whatever your choice, you will find that the elements you participate in will be purposeful and lead to thought provoking discussions that will help your team understand it's strengths and potentials.

### Total Climb (high challenge course)

The high course promotes building trust, communication, and goal setting, as well as the opportunity to encourage and empower one another, and boost self-confidence. Solo climbs, partner climbs, and group climbing challenges take place on our 50 foot Alpine Tower. Safety skills, comfort zones, and choice will be taught to allow you to firmly place trust in your team members as they belay you throughout your climbs. Our trained facilitators oversee safety and will process the activities to help identify how skills can apply to everyday life.

### FULL CHALLENGE (high and low)

The high course adventures, combined with problem solving challenges of the low course, will provide your group a launch pad to unlimited team development!

## Recreational Programs

Ironwoods Challenge course is a great place to find high adventure activity. Our programs are for ages 9 years and up and range from two hour climbs to full day adventures! We will help you create the experience of a life time by incorporating the following events:

**Caribbean Course:** Set up with a static belay system, each participant will climb several cargo nets to reach the 50 foot "Tree House." Each person then has the option to traverse the rope bridge, the double pole catwalk, and the multi-vine traverse.

**Giant Swing:** Can be added to any program for some additional excitement. Participants will begin by climbing a cargo net to the top of our platform. Then, when they're ready, a 35 foot plunge will send them on a breath taking ride.

**Rock Wall:** Bring your group out to enjoy a climbing session on our 50-foot rock wall. With 12 routes from beginner to expert, you will find something challenging for each person in your group. Our wall rental is great for birthday parties, Scouting groups, clubs, and anyone who would like a safe and exciting experience.

**Alpine Tower:** An assortment of utility poles, rock climbing holds, swinging logs, giant ladders, ropes, nets and balance beams all challenge you and your friends as you navigate to the top of this 50 foot tower. The many options will challenge you during your program and throughout future visits as well.

**Programs will be designed to fit the needs of your group. Please call 913.681.0902 ext 11 or 12 for program prices. Minimum age for any climbing program is 9 years old.**

## RISK

While perceived risk is one of the key elements in adventure activity, our Challenge Course is *always* focused on safety. Knowledge of the activity, careful planning and good judgment are exercised by our well trained facilitators.

Participants' commitment to following instructions and being mindful of safety during the program is important. Our structures are inspected monthly and a yearly inspection is conducted by a professional certified by the ACCT (Association for Challenge Course Technology).

### Open Climb Ages 9 years and up

The Carolina T-Wall will be open for public climbing opportunities seasonally. We will provide all the gear needed and our staff will work with novice climbers. Register the day of the climb at the Ironwoods park office located in the Prairie Oak Nature Center. Punch cards are good for any open climb date and can be shared throughout the 2006 season.

2 Climb Punch Cards.....\$5  
6 Climb Punch Cards.....\$10  
14 Climb Punch Cards.....\$20  
Day Pass.....\$15

Session 1	Sat	10:00am-3:00pm	Sept 23
Session 2	Sat	10:00am-3:00pm	Oct 28

**Instructor:** Ironwoods Challenge Course Facilitators

**Location:** Ironwoods Park; 14701 Mission Road; Leawood, KS

### Techniques of Knotting Ages 7 years and up

Learn to tie a progression of knots that are used in rock climbing applications and other useful places. Participants will go home with a sample of several types of rope and how to use them. One - 60 minute class.

**Instructor:** Ironwoods Challenge Course Facilitators

**Location:** Ironwoods Park

**Cost:** Resident \$6 / Non-Resident \$7

**Min:** 3 **Max:** 15

Session 1	Sat	10:00-11:00am	Dec 9
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