

Greenhill YMCA Activities

Adventure Walk:	Age	Duration*
<p>Participants have a true muddy adventure sneaking through bushes, streams and ditches as they explore the grounds of Greenhill.</p> <p><i><u>This activity is generally available April - September Only</u></i></p>	6+	1 Session
Archery:		
<p>Improve your aim, hand-eye co-ordination and agility in this ever increasing popular sport. You will be taught the skills and techniques of Archery. Once you've grasped the basics watch that competitive instinct kick in as your team fun and challenging games.</p>	6+	½ Session
Blind Trail:		
<p>Participants must use teamwork and communication skills instead of sight to weave their way around various obstacles and challenges throughout the Greenhill site - blindfolded</p>	6+	1 Session (also offered as evening session)
Bouldering (Shallow/Medium/Deep):		
<p>At its basic Bouldering involves travelling up a riverbed climbing over boulders. This is an activity for all ages and is a strong teambuilding activity as well as fun and developing skills. We have three bouldering courses designed for people of different ages and abilities. These are:</p> <ul style="list-style-type: none"> · <i>Shallow Bouldering</i> - involves travelling up shallow streams and pools in ankle to knee-depth water - Onsite activity. · <i>Medium Bouldering</i> - takes place on Spinkwee River (Tollymore Forest Park) which moves faster, has deeper pools of water and rock traverses. Water levels average at knee height, but can reach between waist and shoulder depth - Offsite activity* · <i>Deep Bouldering</i> - requires the use of wet suits and buoyancy aids as participants slide down natural water slides and jump into deep pools of water while journeying up the Bloody Bridge River. Water levels will often be above head height - Offsite activity* <p><i><u>This activity is available April - September Only</u></i></p>	<p>6+</p> <p>6+</p> <p>12+</p>	1 Session

Canoeing:		
<p>Participants are introduced to basic canoe strokes through games and activities while paddling either single or catamaran-style canoes at Castlewellan Lake.</p> <p><u>Canoe expeditions (extended or all-day only) and B.C.U. Star trainings and assessments can also be booked in advance.</u></p> <p>Offsite Activity*</p>	6+	1 Session
Climbing/Abseiling (Tower):	Age	Duration*
Whether you are a beginner or an experienced climber our Climbing Tower and Wall will provide a real challenge. We have a variety of climbing facilities which are both indoor and out.	6+	1 Session
Forest Walk:		
Guided by one of our experienced instructors, Groups follow forest trails in the lower hills of the Mourne Mountains. With numerous trails this activity can offer everything to everyone. Whether you're a young person or adult looking for a gentle stroll or a more active hike this activity has it all. For added measure there is also the stunning views of Newcastle and Dundrum Bay.	6+	1 Session (Evening)
Games, Mini Olympics and Parachute Games:		
<p>Games & Mini Olympics: Games and Mini Olympics takes place on the football pitch on-site and provides the group a number of activities to get through in a specific time limit. The smaller groups have to compete against each other in order to find out the overall champions.</p> <p>Parachute Games: With a similar team building focus to Initiatives, a session of Parachute Games involves cooperation, trust,</p>	6+ 6+	1 Session $\frac{1}{2}$ Session

communication and fun!		
High Initiatives (Tower):		
<ul style="list-style-type: none"> • <u>The Gladiator Challenge</u> - Have you got the nerve to take on our challenging course of poles, nets and tyres and find out just how much stamina you've got? Our qualified instructors will be there to guide you every step of the way 	12+	$\frac{1}{2}$ Session
<ul style="list-style-type: none"> • <u>Leap of Faith</u> - Either singly or as a team of two - climb to the top of the wobbly pole to stand on the (very small) platform on top. Once there, take a leap of faith to grab the trapeze bar before swinging and being lowered to the ground. 	12+	$\frac{1}{2}$ Session
<ul style="list-style-type: none"> • <u>High all Aboard</u> - As a team of two, three or four - climb the wobbly pole to stand on the 'bird-table' on top. It doesn't stop there though. Once on top, hold hands and lean back to the full extent of your arms..., then let go! 	12+	$\frac{1}{2}$ Session
<ul style="list-style-type: none"> • <u>Crate Stacking</u> - As a team of two or three, build a tower of crates as high as you can. As usual, there's a twist to the tale - you'll be constructing from a platform and will rise with it. 	12+	$\frac{1}{2}$ Session
Initiatives, Pioneering and Greenhill Challenge:	Age	Duration*
<p>Initiatives: This activity is recommended for groups focussed on team building. Participants learn cooperative skills by engaging in mental and physical games designed to build trust, self-esteem and individual and group skills.</p>	6+	$\frac{1}{2}$ Session
<p>Pioneering: A fantastic team building activity. Groups are given a variety of materials and under supervision construct a bridge to get the whole team across an obstacle.</p>	12+	$\frac{1}{2}$ Session
<p>Greenhill Challenge: The Greenhill Challenge combines Pioneering and elements of Initiatives. Group members form teams and compete against each other in a series of tasks, earning points not only for succeeding but also for demonstrating skills such as teamwork and communication. Ideal for groups with numbers exceeding 20.</p>		
Laser Tag:		

<p>Set in our woodlands, participants will need to work in teams to beat the opposition when playing a variety of fun games using our state-of-the-art laser equipment.</p> <p>It is similar to paint balling but without the paint (or pain!)</p>	6+	1 session
Mountain Walk:	Age	Duration*
<p>Explore the beauty and history of the surrounding Mourne Mountains through a daylong walk into areas such as Devil's Coach Road, The Brandy Pad, The Mourne Wall, Silent Valley, Ben Crom Reservoir and Slieve Donard, Northern Ireland' s highest peak. Difficulty is adjusted to suit the needs of individual groups. The Duke of Edinburgh's Award training and residential experiences can also be booked in advance.</p> <p>Offsite Activity*</p>	6+	2 Sessions
Orienteering:		
<ul style="list-style-type: none"> ● Onsite: - Learn the skill of reading a map and finding your way around Greenhill's New Orienteering Courses. We have 3 new courses to suit all abilities and we have also a set of electronic controls which can be used - they are proving to be very popular this year! ● Offsite* - Orienteering is also offered at Castlewellaan Lake or Tollymore Forest but is more suited to older age groups with previous experience. 	6+	1 Session also offered as a half session 1 Session
Outdoor Cooking:		
<p>Groups split in half and are given different responsibilities - one team collects firewood and builds a fire while the other group prepare bread, baked apples and chocolate bananas to cook over the flames. Ideally suited to evenings.</p>	6+	1 Session
Raft Building:		
<p>Participants work in teams to construct rafts using ropes, barrels and logs, then race each other across Castlewellaan Lake.</p> <p><i>This activity is available April - September Only and is an Offsite Activity*</i></p>	12+	1 Session

Scavenger Hunt:		
Groups work in pairs or teams to race around the centre, finding various items and pieces of information.	6+	1 Session
Search and Evacuation:	Age	Duration*
Participants role-play an emergency rescue situation in the nearby "wilderness". Teamwork, communication and basic navigation and first aid techniques are utilised to recover and evacuate a "casualty". Emphasis is placed on the importance of a positive mental attitude and a team effort when solving problems.	12+	1 Session
Team Ropes Challenge:	Age	Duration*
If you're looking for that Team Challenge experience then try our Hexagon Course. This adventurous activity is suitable for all ages. You and your team will progress through our course, working together to problem solve, taking risks, developing leadership and communication skills.	12+	1 Session also offered as a half session
Zipline:		
One of our most popular activities - a challenging session where group members launch from the top of our Activity Tower down a 100m zipline.	6+	1 Session

Key:

Duration*:

Sessions are split into morning, afternoon and evening.

1 session can be covered by $2 \times \frac{1}{2}$ sessions e.g. Archery and Orienteering

2 sessions runs over the complete day

Onsite/Offsite Sessions:

There will be an extra charge for our offsite sessions. E.g. Canoeing at Castlewellan Lake.

* As part of our Duty to Care policy your leaders must be available to attend off-site activities

Onsite sessions takes place within the grounds of Greenhill YMCA.

Weather Dependent/External factors:

Activities cannot be guaranteed when you arrive at the centre and may have to be changed due to weather or other circumstances.

Group Ratios:

For safety reasons we prefer to keep group numbers to a maximum of 10 for most of the activities. This includes any leaders (unless qualified in the particular activity, and certificates presented). Please speak to the Group Co-Ordinator.