

RETREATS FOR SCHOOL GROUPS

The Norton Outdoor Center provides an engaging group experience for youth and teens that pairs outdoor fun with character development and personal growth. We'll work with you to develop an itinerary that incorporates group challenges, laugh-inducing icebreakers, thrilling high ropes elements, games, walks in the woods, reflective campfires, and more to allow for personal exploration and a sense of connection among the group.

Our Youth Group programs may highlight:

- Positive communication
- Team-building
- Anti-bullying
- Peer understanding
- Leadership skills

To discuss your group's next outing, contact Jen Maltese at jmaltese@attleboroymca.org or (508) 222-7292.

NORTON OUTDOOR CENTER AMENITIES

Amphitheatre with fire pit
Athletic fields
Basketball/Pickleball courts
Fire Pits
Hiking Trails
Lawn/Yard Games
Pavilion bath house with showers
Playground
Rotary Lodge and Activity Center
Splashpad and interactive waterwall
Vegetable and herb garden
8-lane outdoor pool, 25 yards
80 acres of woodlands, trails and fields
5,000 square foot indoor Fred M. Roddy
Children's Pavilion



Attleboro Norton YMCA NORTON OUTDOOR CENTER

295 West Main Street
Norton, MA 02766
508-222-7292 (in season)

www.AttleboroYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Attleboro Norton YMCA NORTON OUTDOOR CENTER

SCHOOLS & YOUTH GROUPS

BUILDING CONFIDENCE & CONNECTION



The Norton Outdoor Center YMCA retreat program helps youth work on cohesion among peers. Through initiatives, problem-solving challenges, and trust activities, participants learn about themselves and the group in a new way. It allows teachers to build rapport with their students in a new outdoor environment. The group will participate in both the high and low challenge courses to experience the outdoors like never before.

LOW ELEMENTS

WHALE WATCH: Large platform with a see saw action, to imitate the rocking of a ship.

Objective: To have the group perform various functions on the platform while staying balanced.

SPIDERS WEB: Web-like structure made of bungee cord between trees.

Objective: To have the group work together to cross from one side of the spider's web to the other without touching the web.

NITRO SWING: Rope swing that allows participants to swing from point A to point B following a set of modifiable rules.

MOHAWK WALK: A series of high-strength cables strung between trees where the wire length gets longer and longer.

Objective: To successfully get your entire group to traverse the series of expanding cable spans.

HIGH ELEMENTS

GIANT SWING: An element that allows one harnessed participant to swing from a height of their choosing, while their teammates pull a cable to help the participant to reach that height.

Objective: To have fun while learning positive language and teambuilding skills.

VOYAGER CROSSING: A series of platforms hung high in the trees. Each platform has four ropes that hang from the bottom of the disk, which are used to steady the platforms for the climber.

Objective: A belayed participant traverses the element while his/her teammates provide support.

BEGINNER ROCKWALL WITH PLATFORM: A small rockwall that is 25 feet high and leads to a group meeting platform.

Objective: To climb up the rockwall and get used to heights and build confidence.

HIGH PLATFORM: A 55-foot-high platform accessed by a climbing ladder. Supported by a harness, participants dismount by leaping toward a target trapeze.

Objective: To take a leap of faith and jump to a 55-foot drop. You can choose to jump for the trapeze bar or jump into the air.

ZIP LINE: 175-foot zip line accessed from a tree climb and platform.

Objective: To have fun while experiencing something new.

RETREAT SAMPLE SCHEDULE

HALF DAY

9:30am Arrival
9:40am Large Group Game/Tone Setter
9:50am Split into Small groups for Activities
• Team Builders
• Low Ropes
• Debrief morning activities
10:40am High Ropes
1:00pm Departure

FULL DAY

9:00am Arrival
9:35am Large Group Game/Tone Setter
9:50am Split into Small groups for Activities
• Team Builders
• Low Ropes
• Debrief morning activities
1:00pm Break
(groups are invited to bring bag lunches)
1:30pm High Ropes
3:30pm Departure

RETREATS AT THE NORTON OUTDOOR CENTER

HALF DAY

Goals: Teambuilding, Anti Bullying, Positive Language, Getting to know peers, fun
Cost: \$20 per person
Hours: 3.5
Minimum number of participants: 15
Maximum number of participants: 50

FULL DAY

Goals: Teambuilding, Anti Bullying, Positive Language, Getting to know Peers, Fun
Cost: \$35 per person
Hours: 6.5
Minimum number of participants: 15
Maximum number of participants: 100+ (Larger groups may be accommodated for an additional fee. Contact us for pricing.)

FIELD TRIPS

We move students beyond their school desk into a hands-on and cooperative learning environment. In our beautiful setting, children engage with the natural world and discover the joy of learning. We design our classes to meet the needs of visiting schools.

All programs are age and grade appropriate and may include:

- Archery
- Field Games
- Low/High Ropes Course
- Team Building
- Nature Hikes

Please contact us for pricing and scheduling, or to inquire about adaptive accommodations.