

# NaCoMe-Led Programs



The table below shows all the options your group has for NaCoMe-Led Programming. Take note of the recommended group size and time limit when planning. Additionally, we require an adult from your group be present for any activity for crowd control. We specialize in programming, so if you'd like help, we're eager to collaborate with your group. Just tell us your vision and we'll make it reality (and we'll probably keep your costs down, too!).

Name of Program	Time/Participants	Group Size	Min Age	Staff Required
Large Group Games	1-1.5 Hours	Any	Any	1-3*
Archery	1-2 Hours	10-20	Any	1
Slingshots	1 Hour	10-20	Any	1
Axe Throwing	1 Hour	10-20	Any	1
Swimming Hole	1-4 Hours	Max 50 Swimmers	Any	2-3*
Canoes & Kayaks	1-2 Hours	10-30	Any	1-2*
Fire Building Class	1 Hour	10-25	Elementary	1
Teambuilding Course	1-3 Hours	10-15 per group	Elementary	1 per group
Zipline	15-20 People per Hour	10-30	Jr High	2-3*
Climbing Wall	10-15 People per Hour	10-30	Older Elem.	2
Giant Swing	12 People per Hour	10-30	Jr High	2
Leap of Faith	10 People per Hour	10-15	Jr High	1
Crate Stacking	10 People per Hour	10-15	Jr High	1

\* depending on the size and age of your group

## How Is Cost Calculated?

Pricing for programming is determined by the number of staff required for a certain activity and the amount of time it takes. To simplify the process, we offer programming in three different sized time blocks: 2-Hour, Half Day, and Full Day. A 2-Hour block can only have a single activity. For multiple activities or for some of our longer activities, the Half and Full Day pricing will be used. Half Days are characterized as any amount of activities that all occur between two consecutive meals (a single morning, afternoon, or evening). If your group has activities before and after any meal, then Full Day pricing will be used for the number of staff required for those activities.

Cost Per Staff Member by Time Block	
2-Hour	\$60
Half Day	\$85
Full Day	\$135

For example: Group A has a single morning activity that requires 1 staff member, and then an activity in the afternoon that requires 2 staff. They would pay for 1 Full Day (the morning + afternoon) and 1 Half Day (just the afternoon).

## The Benefit for Your Group

Your group can save money by 'stacking' activities. Instead of having multiple activities open at one time, you can opt to 'stack' activities consecutively. In general, NaCoMe can then use the same staff member(s) to facilitate both activities. In the example above, the group could add a second activity in the afternoon that required two staff for no extra charge. Exceptions may apply. We're happy to help you schedule your activities, and depending on the schedule of other groups, certain activities may not be available at all times. We'll do our best to help craft the optimal schedule for your group.

## **The Activities**

### *Large Group Games*

Let our staff lead games for your group. NaCoMe Staff can lead camp games sure to keep your group engaged and energized. This program option is highly flexible and can be molded to fit your needs. From Angle Ball and Human Foosball to skit nights, the options are endless. Use our expertise to enhance your retreat. The number of staff required will depend on both the number in your group and your specific vision for the activity.

### *Archery / Slingshots / Axe Throwing*

A NaCoMe Staff member will serve as your instructor and facilitator, leading your group through the basics of safety and skill in archery, slingshots, or axe throwing. If there's enough time, we may even have a competition for your group.

### *Swimming Hole*

What better way to spend a hot summer day than by cooling off in the Swimming Hole at NaCoMe? The Swimming Hole has a beachfront area perfect for families, non-swimmers, or sand-castle enthusiasts, as well as a dock and slide into the water. Come enjoy the all natural spring water with depths of up to 15 feet. 2-3 NaCoMe Staff will serve as lifeguards depending on your group size/needs.

### *Canoes & Kayaks*

Take a quick hike up to our lake for some waterfront fun! Try your hand with a partner in a canoe or go solo in a kayak. Either way, you're sure to have a blast. We provide lifejackets and paddles. 1-2 NaCoMe Staff will serve as lifeguards depending on your group size/needs.

### *Fire Building Class*

Want to learn how to start a fire? One of our staff members will lead your group through a fire safety and fire theory discussion, and then of course, light some fires! Everyone will get a chance to start one.

### *Teambuilding Course*

A session on our teambuilding course (also called low ropes) will include get-to-know-you games, basic initiatives, and group dynamics exercises. This activity is great for eliciting deeper thought from your group and will definitely leave your group feeling more bonded. We offer the complete package of critical thinking games and can work with whatever goals you set forth. 1 NaCoMe Staff is needed per group of 10-15, and multiple groups may participate on the course simultaneously.

### *Zipline & Climbing Wall*

Both the Zipline and Climbing Wall are elements on our "Tower," and can be done separately or in combination. Both elements will begin with a safety and gear session and are designed for Jr High and above, though elementary schoolers can participate in the climbing wall. Our trained staff will lead your group through whichever elements you choose, assuring not only safety but a quality experience. There are two separate ziplines to use as well as a 32 foot climbing wall.

### *Giant Swing*

Our 45 foot Giant Swing is sure to make you scream! Participants wear a harness, and the rest of their group pulls them up to the top (or as high as they would like) of the swing. When ready, participants release themselves and swing down. The Giant Swing is not to be missed!

### *Leap of Faith*

Climb a telephone pole, balance on top with nothing to grab, and then take a Leap of Faith to try and ring the bell! This activity is sure to get you heart racing and is great for building trust amongst your group.

### *Crate Stacking*

How many crates will you be able to stack? While harnessed in, you will stack plastic milk crates creating a tower. You must climb up your tower as you stack – continuing until your crate tower topples over. This activity combines the adrenaline of heights and the competitiveness of creating the tallest tower.