

# WESLEY CENTER



## Zip Line & Challenge Course

The newly installed Challenge Course with Climbing Tower and Zip Line are now operational and ready for use. The main goal of the Challenge Course is to create a supportive environment in which participants can awaken to knowledge and understanding about God, themselves, and others through experiential learning. Challenge Courses allow individuals to improve their confidence in areas of problem solving, self-efficacy, self-concept, trust, and communication.

### Course Elements Include:

- ⇒ **ZIP LINE**
- ⇒ **THE WALL**
- ⇒ **TRUST FALL**
- ⇒ **SPIDER WEB**
- ⇒ **TP SHUFFLE**
- ⇒ **MOHAWK WALK**
- ⇒ **CLIMBING TOWER**
- ⇒ **ISLAND CROSSING**
- ⇒ **TRIANGLE TRAVERSE**

Another primary function of the Challenge Course experience is to encourage or enhance the characteristics associated with highly functioning teams. Team building is an all-encompassing term that includes a number of variables, all of which can be addressed through participation in Challenge Course activities. Most team building programs are designed to develop new problem solving skills, promote risk taking, build working leadership and communications skills, encourage creative thinking, and cultivate trust.

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