Focus Areas:
The 4H Challenge Course at Camp Long seeks to promote communication, decision making, teamwork, and self-efficacy through the experiential education process.

Program Offerings: 4-H challenge programs are designed and sequenced to be more than just entertainment or recreation. They help participants learn new concepts and develop or enhance personal and interpersonal skills through meaningful and fun experiences. Our programs focus on grades 6-12 and adult groups.

REGISTRATION
Call: 206-684-7434
E-mail: camp.long@seattle.gov

MORE INFORMATION?
www.seattle.gov/Parks/environment/challenge.htm

EXPERIENTIAL LEARNING MODEL

1. EXPERIENCE
   the activity; perform, do it

2. SHARE
   the results, reactions, and observations publicly

3. PROCESS
   by discussing, looking at the experience; analyze, reflect

4. GENERALIZE
   to connect the experience to real-world examples

5. APPLY
   what was learned to a similar or different situation; practice

COMUNICATION
TEAMWORK
DECISION MAKING
SELF-EFFICACY

Portable is designed for groups to access the benefits of a challenge course experience in any space (classroom, office, etc.) Think traveling Low Course!

Low Course elements occur either at ground level or less than 12 feet off the ground. Challenges include swinging to platforms, walking on logs or wires, and learning to spot team members while on elements.

Mt. Challenger consists of the Vertical Playpen: team climbing through tires and obstacles with participant belayers, and a Trapeze Jump/Power Pole for personal goal setting.

Enchantments consist of high platforms where participants traverse between interconnected activities on slim beams, wobbly steps, swings and ropes. Participants exit via dual zip lines.

Fees

<table>
<thead>
<tr>
<th>Portable (off site)</th>
<th>$175 per 15 participants 3-4 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Course</td>
<td>$300 per 15 participants 3-4 hours</td>
</tr>
<tr>
<td>High Course</td>
<td>$475 per 15 participants 3-4 hours</td>
</tr>
</tbody>
</table>

Limited scholarships available to groups in need
Corporate group rates vary
BENEFITS

- **Give** and receive feedback in a supportive, nonjudgmental fashion
- **Practice** good listening with an intent to understand
- **Collaborate** and cooperate with people with diverse perspectives and backgrounds
- **Understand** roles and the impact of leadership styles
- **Learn** the value of team identity and interdependence among groups
- **Reinforce** self-esteem by experiencing individual & group success as you step out of your comfort zone
- Group discussions and personal reflections align to **Common Core State Standard SL.6-12.1 (Speaking and Listening)**

WHO WE ARE

The 4H-Challenge Course at Camp Long is a collaborative partnership involving Seattle Parks and Recreation and Washington State University Extension – 4H and is supported by the Associated Recreation Council (ARC) and its affiliate, the Camp Long Advisory Council.

Our facilitators are trained and certified in areas of experiential education and adventure programming. All facilitators are CPR/First Aid certified.

Typical certification include training on each of the elements, an apprenticeship and observations by a 4H Trainer. You or your organization staff can also become volunteer facilitators.

Contact Camp Long at 206.684.7434 or email camp.long@seattle.gov for upcoming trainings.

Seattle Parks and Recreation
**Explore More!**
**THE 4-H CHALLENGE COURSE**
**AT CAMP LONG**

**STUDENTS EXPLORING THE ENCHANTMENTS**

Fostering academic resilience, promoting life skills, and reflecting the skills our young people need for success in college and careers