



Otis Brown Camping Shelter, Team Challenge Course  
Greensfelder Park-St. Louis County Parks

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*"I was really scared at first, but after  
overcoming my fear of heights I had  
a GREAT time."*

*-Program Participant*

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The Wall, Team Challenge Course  
Greensfelder Park-St. Louis County Parks

**Saint Louis  
COUNTY  
PARKS**  
Kennedy Complex  
6050 Wells Road  
Saint Louis, Missouri 63128

# Alpine Tower and Team Challenge Course



**Saint Louis  
COUNTY  
PARKS**

***"Where fun comes naturally."***

[www.stlouisco.com/parks](http://www.stlouisco.com/parks)

### **What is a Team Challenge Course?**

The Team Challenge Course is a series of elements constructed of logs, cables, ropes, and trees. Facilitators guide groups through icebreakers, games, and problem solving activities. What a facilitator addresses and how he or she does it is directly related to group goals, needs and abilities.

### **How does this program work?**

The Team Challenge Course experience is a flexible, dynamic process with a multitude of activities and outcomes for each group and each group member: The facilitator sets up the activity and guidelines; the group attempts the activity; and then the facilitator leads a post activity discussion to process group actions.



### **What is an Alpine Tower?**

The Alpine Tower, a 50-foot tall structure, is designed to present the same challenges as rock climbing and high ropes course elements. This

structure provides many routes and difficulty options, creating fun and excitement. The Alpine Tower experience addresses the same objectives as the Team Challenge Course: such as confidence, trust, support, and teamwork.

### **What will my group get out of this?**

There are many benefits from this type of programming. Our main goal for the groups we facilitate is a FUN and ENJOYABLE experience! Groups also enjoy a unique team building experience in an outdoor setting. Facilitators will work with groups to address: team building; group cohesion; trust; support; communication; judgment; decision making; sense of personal confidence; physical agility and coordination.



### **Who uses this resource?**

All types of groups can and do benefit from these activities: new groups and intact groups... young, old and mixed age groups... mixed ability groups... social groups, and professional groups. The list could go on and on!

### **Will people be forced to do things they don't feel comfortable doing?**

No. A philosophy of "challenge by choice" is used with these programs. No one is ever forced to do anything they do not want to do. Although participants are strongly encouraged to step out of their comfort zone, physical and emotional safety is the number one priority.

### **Are there age restrictions for these activities?**

Yes. The minimum age for participation on the Team Challenge Course is 11

years old. The minimum age for participation on the Alpine Tower is 9 years old. For participation on the Alpine Tower, appropriate fit of the equipment for a safe experience is the primary concern regardless of age.

### **Are there group size minimums and maximums?**

Yes. A minimum of 12 and maximum of 30 is necessary in order to preserve the quality of the experience.

### **What is the fee?**

The fee for a 5-hour program is \$25/ person.

### **How do I make a reservation?**

To reserve a date or for more information, contact Susan Tornado at 314/615-5564 or by email at [stornado@stlouisco.com](mailto:stornado@stlouisco.com). Each request will be handled on a first-come, first-served basis as dictated by facilitator availability.

### **Can I take my own groups to the Alpine tower or Team Challenge course?**

Certified facilitators lead all programs. Please contact YMCA Teamworks for certification details: 314/849-4668 ext. 234 or [ljeude@ymcastlouis.org](mailto:ljeude@ymcastlouis.org)



Trust Fall,  
Team Challenge Course  
Greensfelder Park  
St. Louis County Parks