



Camp Yowochas

Activity Guide

Initiatives Course

The Initiatives Course is a series of physical and/or mental tasks designed as group challenges that require group cooperation in order to be successfully completed. Our elements start with tasks that help to break down personal barriers and reinforce trust and communication before progressing to more difficult problems. During the session participants are enabled to step forward and lead where otherwise they may remain in the background.

Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Led by trained, Camp Yowochas Staff
- ◆ Available all year round
- ◆ Participants learn correct “spotting” techniques to aid in the support of their peers.



Safety Considerations

All participants are required to wear closed toe shoes during this activity.