

TEAM BUILDING ISLAND ACTIVITIES



ABOUT

Want to build a stronger team of employees or have some fun with your group of friends? MacDonald Island Park is the best place for team building activities and corporate adventures.

Whether you want to have fun with your group of friends, need an exciting break during your daylong meeting, or want to show your team how much you

appreciate them, we sure have the right activity for you and our experience team of Sport Specialists will work with you to tailor any activity to your unique needs and requirements.

You can select from a wide range of activities and be sure that at the end, your team will have had fun and built new connections, trust, and resiliency.

ACTIVITIES



ARCHER GAMES

ABOUT

Who wouldn't want to shoot their boss with an arrow (with an arrow that has a marshmallow-like tip and is 100% safe)? This tactical game is the ultimate trend in team building - it is a fun, challenging, brand new activity that will be the talk of the office for the weeks to come!

INCLUDES

Amenity rental fees, equipment rental fees, activity is led by an experienced Sport Specialist

TIME

2 hour booking is recommended

COST

\$239 PER HOUR

NOTES

Maximum of 24 participants



BUBBLE BALL

ABOUT

Ever wondered what it would feel like to bubble wrap yourself and your friend and take a run at them full speed and hit them as hard as possible? Bubble Ball will allow you to experience what it feels like in a fun and safe environment! You will get to play soccer at the same time!

INCLUDES

Amenity rental fees, equipment rental fees, activity is led by an experienced Sport Specialist

TIME

1.5 hour booking is recommended

COST

\$239 PER HOUR

NOTES

Maximum of 24 participants

ACTIVITIES



AMAZING ISLAND ADVENTURE RACE

ABOUT

Did you like Scavenger Hunt when you were little? Did you fancy signing yourself up for Amazing Race on TV? Take it one step at a time by booking our Amazing Island Adventure Race. This race will take you and your team around the island competing at a wide variety of fun and challenging tasks. May the first team at the finish line get all the glory and OFFICE BRAGGING RIGHTS!

INCLUDES

Amenity rental fees, prizes & certificates, equipment rental fees, activity is led by a team of experienced Sport Specialists

TIME

2 hour booking is recommended

COST

\$29 PER PERSON

NOTES

Unlimited amount of participants. A minimum of 15 participants



SPORTS OF ALL SORTS

ABOUT

Playing sports can be a lot of fun for anybody, especially your team that gets to sit in the office all day long! This activity will allow you to choose your favourite sport from the selection below. There is many option and our Sport Specialist will help you create the best possible experience for your team. We can set up free play, tournament, or a competitive game - it's your call!

INCLUDES

Amenity rental fees, equipment rental fees, activity is led by an experienced Sport Specialist

TIME

2 hour booking is recommended

COST

\$239 PER HOUR

NOTES

Maximum of 48 participants



CONQUER THE HEIGHTS

ABOUT

Ever heard of trust exercises? Well, we will not make you free fall and hope that your colleagues catch you, but we will challenge you to go up the Climbing Wall, play climbing dodgeball, participate in the Speed Climb Challenge, encourage you to go through our boulder obstacle course, and more. The Climbing Wall Specialist will work with you to create the desired adventure.

INCLUDES

Amenity rental fees, equipment rental fees, activity is led by an experienced Climbing Wall Specialist

TIME

2 hour booking is recommended

COST

\$239 PER HOUR

NOTES

Maximum of 12 participants

ACTIVITIES



HEALTH IS WEALTH

ABOUT

Lack of health, injuries, and sickness decrease productivity and affect your bottom line – let's take a break from your meeting and soak up the knowledge of an experienced, certified Personal Trainer. This activity can be as specific to your needs as you choose – we can cover anything from Posture and Pain Reduction session or Core and Mobility session to Love Your Heart seminar and Stretching/Office Work Out session – the choice is yours, we will focus on empowering your team to become healthier and more active.

INCLUDES

Amenity rental fees, team bandanas, equipment rental fees, activity is led by a team of experienced fitness experts

TIM

1 hour booking is recommended

COST

\$299 PER HOUR

NOTES

Maximum of 24 participants



ULTIMATE TEAM BUILDING

ABOUT

This option is for the biggest fans of team building and adventure nuts. We can mix and match a variety of activities to create the best team building package for your team!

INCLUDES

Amenity rental fees, equipment rental fees, activity is led by an experienced Sport Specialist

TIME

4 hour booking is recommended

COST

Available upon inquiry



FOR MORE INFORMATION, please email boxofficereservations@rrcwb.ca