

# Crystal SPRINGS RESORT



## TEAMBUILDING + ACTIVITIES

#ExploreCrystal

844.899.6891 | [TheCrystalSpringsResort.com](http://TheCrystalSpringsResort.com) | Sussex County, New Jersey



# welcome to our resort

Located less than one hour from Manhattan and most points in northern and central New Jersey, Crystal Springs Resort is the ideal destination for your corporate event, meeting, golf outing, company picnic, family reunion or catered affair.

We host more than 600 successful events each year offering 100,000+ square feet of flexible and unique meeting space, as well as luxurious accommodations.

Enhance employee productivity by having your staff participate in our array of teambuilding activities & recreational choices. The following contains a brief description of some of our events. All programs can be customized to meet and exceed the needs of your group. Our staff works with you every step of the way ensuring you have a successful event.



# table of contents

## CULINARY, WINE + MIXOLOGY . . . . . 1-2

IRON CHEF COMPETITION . . . . .	1
CHILI COOK OFF . . . . .	1
FARMING WITH GPS . . . . .	1
MIXOLOGY COMPETITION . . . . .	1
S'MORES . . . . .	2
BLIND WINE TASTING GAME . . . . .	2
BLENDING BORDEAUX . . . . .	2
CUPCAKE CHALLENGE . . . . .	2
THE WINE EDUCATOR . . . . .	2

## CHARITY BUILDS . . . . . 3-4

CHARITY BUILDS . . . . .	3
SOLAR RACEWAY . . . . .	3
HANDS OF GRATITUDE . . . . .	3
BATTLEBOTS . . . . .	4
BOX OF LOVE . . . . .	4
YOU CAN-CAN BUILD IT . . . . .	4
TUNES FOR TOTS . . . . .	4

## GROUP GAMES + TEAMBUILDING . . . . 5-10

ARCHERY TAG . . . . .	5
THE CHALLENGE . . . . .	5
ADULT FIELD DAY . . . . .	5
MINUTE MAYHEMS . . . . .	5
GOLF DARTS OR FOOT DARTS . . . . .	6
CORPORATE SURVIVOR . . . . .	6
TEAM RELAYS . . . . .	6
OUTDOOR SPORTS CHALLENGES . . . . .	6
ANGRY BIRD BATTLE . . . . .	6
MISSION CONTROL . . . . .	6
TARGET SPORT ROUND ROBIN . . . . .	7
HIGHWAY TO SUCCESS . . . . .	7
UNITED WE BREAKOUT . . . . .	7
CSI INVESTIGATION . . . . .	7
GEO-TREKKING . . . . .	8
ANIMAL EDUCATORS . . . . .	8
SCAVENGER HUNTS . . . . .	8
PIPELINE . . . . .	8
YOGA + MIMOSAS . . . . .	9
INDOOR ROCK CLIMBING . . . . .	9
AQUA AEROBICS . . . . .	9
GOAT YOGA . . . . .	9
MINERS EXPERIENCE . . . . .	9
SAY IT WITH MUSIC . . . . .	9
WIFFLEBALL HOMERUN DERBY . . . . .	10
RIDICULOUS RACES . . . . .	10
PICKLEBALL . . . . .	10

## EXPLORE YOUR CREATIVE SIDE . . . . . 11

PAINT + SIP . . . . .	11
GLASS PAINT + SIP . . . . .	11
LOCAL ARTISAN WORKSHOPS . . . . .	11
TIE DYEING . . . . .	11
CANVAS CONNECT . . . . .	11
METAL STAMPING WORKSHOP . . . . .	11

## OUTDOOR ADVENTURES . . . . . 12-16

HIKING WITH GOATS . . . . .	12
MOUNTAIN HIKE . . . . .	12
GRAND CASCADES LODGE NATURE TRAIL . . . . .	12
EDIBLE + MEDICINAL PLANT WALK OR SEMINAR . . . . .	13
FOREST BATHING . . . . .	13
MINDFUL MEDITATION . . . . .	13
BREATHWORK CIRCLE . . . . .	14
STARGAZING . . . . .	14
BEE HIVE BOX BUILD . . . . .	14
SOUND BOWL EXPERIENCE . . . . .	14
ARCHERY . . . . .	15
TREESCAPE . . . . .	15
OUTDOOR MOVIE NIGHT . . . . .	15
FISHING . . . . .	15
ARCHERY + FISHING PACKAGE . . . . .	15
FARM ANIMAL VISITS . . . . .	15
TETHERED HOT AIR BALLOON RIDE . . . . .	15
LAWN GAMES . . . . .	16
EQUESTRIAN GAMES . . . . .	16
EQUESTRIAN LESSONS . . . . .	16
AXE THROWING . . . . .	16
LASER CLAY SHOOTING . . . . .	16
CURLING . . . . .	16

## GOLF CLINICS + ACTIVITIES . . . . . 17-18

FOOTGOLF . . . . .	17
GLOW GOLF . . . . .	17
SWING + SIP . . . . .	17
PUTTING COURSE . . . . .	17
ONE DAY MINI SCHOOL . . . . .	18
PLAY BETTER CLINIC . . . . .	18
QUICK TIPS CLINIC . . . . .	18
BEGINNERS CLINIC . . . . .	18
ON-COURSE SWING ANALYSIS . . . . .	18
BEAT THE PRO . . . . .	18
GET IN THE GAME . . . . .	18

## SEASONAL ACTIVITIES . . . . . 19-20

FARM TOURS . . . . .	19
SUSTAINABLE FARM TOUR . . . . .	19
ICE CARVING . . . . .	20
GLICE SKATING . . . . .	20
WINTER OLYMPICS . . . . .	20
WINTER ROUND ROBIN . . . . .	20
SLAP SHOT HOCKEY . . . . .	20

## EVENT ADD-ONS . . . . . 21-23

MURDER MYSTERY . . . . .	21
TRIVIA GAME SHOW . . . . .	21
PHOTO BOOTH . . . . .	21
ACROYOGA CHALLENGE . . . . .	21
CASINO GAME NIGHT . . . . .	21
JOHN GRAHAM THE MENTALIST . . . . .	22
THE SUPER MAGICIAN SHOW . . . . .	22
STROLLING MAGIC . . . . .	22
TAROT CARD READER . . . . .	22
DJ + KARAOKE . . . . .	22
NITROGEN ICE CREAM . . . . .	22
NIGHTLY ENTERTAINMENT . . . . .	22
SPLATTER ROOM . . . . .	23
IRL ROCK-IT LEAGUE . . . . .	23
RAGE ROOM . . . . .	23

## RESTORE YOUR MIND, BODY + SOUL . . . 24

REFLECTIONS + ELEMENTS SPAS . . . . .	24
---------------------------------------	----

## TRAINING + DEVELOPMENT . . . . . 25

5 DYSFUNCTIONS OF A TEAM . . . . .	25
DISC ASSESSMENT . . . . .	25
MOTIVATIONAL SPEAKERS . . . . .	25
TUCKMAN'S MODEL WORKSHOP . . . . .	25
LEGO® SERIOUS PLAY® . . . . .	25

### PLEASE NOTE

#### ALL CULINARY EVENTS:

- Subject to set-up fees
- Food + Beverage – 23% Administrative Charge + NJ Sales Tax will be added
- Alcoholic beverages are not included {unless wine pairing is ordered}
- The Wine Educator cannot be offered on Saturdays

#### ALL ACTIVITIES:

- Subject to change
- Ask your sales representative for availability and pricing



# culinary, wine + mixology



## IRON CHEF COMPETITION

Our team of chefs will guide your group in this unique culinary experience with hands-on assistance. A selection of fresh high quality ingredients will be used and each team will prepare a meal consisting of an appetizer, entrée and side dish to be judged based on presentation, taste, originality, best name and overall teamwork. Each member of the winning team will receive a bottle of Crystal Springs Resort private label wine. Our kitchen will serve a delicious meal for all guests to enjoy after the competition concludes.

**12 person minimum. Chef hats & aprons provided for each guest.**

**Lunch starting at \$105 per person, Dinner \$130 per person, Dinner with Wine starting at \$150 per person.**

**\$600 set up & chef fee. Not offered on Saturdays. Subject to availability on Fridays and Sundays.**



## CHILI COOK-OFF

Our team of chefs will lead your group in this culinary cook-off by providing the freshest, highest quality ingredients and hands-on assistance. Chef hats and aprons are provided to each participant. Each team will prepare its best bowl of chili for the judge, as well as a marketing pitch to convince the chef as to why its chili is the most favorable. Ratings will be awarded based on color, aroma, consistency, taste and effectiveness of sales pitch. Each member of the winning team will receive a bottle of Crystal Springs Resort private label wine.

**12 person minimum. Starting at \$65 per person.**

**\$600 set up & chef fee. Cook-off as a meal starting at \$80 per person.**

**Not offered on Saturdays. Subject to availability on Fridays & Sundays.**



## FARMING WITH GPS

Participants will travel around the Resort with a hand-held GPS unit in search of fresh, local ingredients needed to create an appetizer. Select an appetizer of your own or stick with one of our favorites: guacamole or pico de gallo. After collecting all ingredients, participants will be briefed by our chef on proper knife handling etiquette and receive tricks on how to enhance flavors and presentation before preparing their dish from scratch. Everyone will get to sample each creation before a panel of judges selects the ultimate winner!

**12 person minimum. Starting at \$145 per person.**

**\$600 set up & chef fee. Additional cost for food.**

**Not offered on Saturdays. Subject to availability on Fridays & Sundays.**



## MIXOLOGY COMPETITION

'Mix it up' with mixology! In this contest, teams are challenged to create a signature cocktail using the provided beverages, plus a secret ingredient. Each station will include everything needed, with other ingredients available in the center of the room to share. Teams will be given the instructions and will have 30 minutes to create as well as name their signature cocktail. Each team will be judged on teamwork, taste, creativity and originality.

**12 person minimum. Starting at \$40 per person. \$250 set up fee.**



## S'MORES

Enjoy the outdoors and each other's company as you gather around the outdoor firepits and make some s'mores with graham crackers, chocolate bars and marshmallows.

**12 person minimum. \$150 set up fee, \$12.95 per person.**



## BLIND WINE TASTING GAME

Test your knowledge of wine with a blind wine tasting facilitated by our sommelier. Guests will be broken up into groups and will sample two different wines {a red and a white}. The wine bottle will be placed in a brown bag to conceal the label and bottle shape. Guests will have 15 minutes to guess the continent, country, region, grape and year of each wine. After the game, enjoy a tour of our award-winning Wine Cellar, or combine The Wine Educator with Blind Wine Tasting Game for an extra fee. Activity is hosted on property at Grand Cascades Lodge.

**12 person minimum. 50 person maximum.**

**Starting at \$45 per person, \$54.95 with cheese & crackers.**

## BLENDING BORDEAUX

Become a wine maker for the day as your guests taste single-varietal wines, such as Cabernet Sauvignon, Merlot and Malbec, before blending them with their team mates to create a Bordeaux blend with balance. Participants will experiment with different proportions of varietals, and create their team blend to present to the judge. Our Resort sommelier will be on hand to guide your guests through the blending experience. Each member of the winning team will go home with a bottle of Bordeaux from The Curator.

**\$65 per person, plus tax and gratuity. \$150 sommelier charge.**

**12 person minimum, 30 person maximum. Hosted at Grand Cascades Lodge.**



## CUPCAKE CHALLENGE

A group favorite! Each team receives twenty cupcakes to decorate. Chef hats, aprons and towels are provided to each participant. Each will receive frosting, fondant and piping bags. A communal center table will contain additional condiments and a display container that will be used to decorate cupcakes in a way that represents the team, the company or positions in the company. Teams will have one hour to use condiments, display vessel and cupcakes to form their finished product and then present. Cupcakes will be judged on teamwork, creativity and originality. BONUS: At the end of 20-30 minutes, there will be a mystery ingredient, or special add-on introduced to the event for even more fun and excitement.

**12 person minimum. Starting at \$55 per person. \$250 set up fee.**

**Not offered on Saturdays. Subject to availability on Fridays & Sundays.**



## THE WINE EDUCATOR

Enjoy 1½ hours of wine tasting with artisan cheeses & breads, instruction, a guided tour and wine Q&A with one of our renowned sommeliers in our Wine Spectator grand award-winning Wine Cellar. Learn about the top grape varietals, wine regions, styles of wine and the basics of pairing wines with food.

**12 person minimum. Starting at \$65 per person.**

**\$95 per person with blind wine tasting game.**

**Not offered on Saturdays.**





# charity builds



## CHARITY BUILDS

Engage and motivate your team while giving back to the local community. Partnered with several charitable organizations, we offer a wide variety of events that will bond your participants together and leave them with positive memories for years to come. Our inspiring build events include activities and challenges resulting in the creation of bicycles, toboggans, wheelchairs, Adirondack ski chairs, beehives, river barges, greenhouses, dollhouses and playhouses — just to name a few!

These donations will benefit children, schools, the elderly, the homeless, soldiers overseas and veterans returning home, women and children effected by domestic violence, Honeybees and local rivers & streams. We can provide the charities or support a charity you are already aligned with to create a customized event to meet your goals and objectives. Either way, we will handle all the logistics. We strongly believe in the importance of giving back to the community and will work tirelessly to make sure your impact reaches as far and wide as possible.

**Starting at \$135 per person. Cost of donatable items additional.**



## SOLAR RACEWAY

Fuel your team by helping children learn the importance of science, technology, engineering & math (STEM) by providing them with materials to build solar-powered racecars. Using creativity and imagination, teams will be challenged to design, customize and build their own solar-powered cars from recycled and upcycled materials to compete against other teams. After the race, teams will assemble kits to be donated to local STEM programs for children to learn hands-on. Buckle up, start your engines and we'll see you at the finish line!

**Starting at \$135 per person.**



## HANDS OF GRATITUDE

This activity is all about collaboration, cooperation & helping someone in need! It's about making a huge difference and at the same time improving the performance, moral and gratitude of your team. Teams will work together to build 3D printed prosthetic hands needed by thousands of people around the world by using wires that give the hands the ability to close and grip objects. Teams will also decorate pouches for the hands to travel and be stored in as well as inspirational messages to the recipient, deepening the connection between the give back and its positive impact on a person's life.

**12 person minimum. \$175 per person. 2-3 hours.**

**Cost of donatable items additional.**



## BATTLEBOTS

Let the battle begin! In teams, you will be responsible to engineer the most lethal remote-controlled car that can maneuver swiftly, defend aggressively and attack with precision against other robots.

Before building begins, teams will compete in a series of team challenges to determine who gets first pick of cars and supplies. A tournament will be created as you battle other cars. First to pop their opponents balloon wins! To top it off, all the remote-controlled cars will be donated to a local organization at the end of the event.

**10 person minimum. \$125 per person. 1½ hours minimum.**

**Cost of donatable items additional.**



## BOX OF LOVE

Compete in a series of mini-challenges and/or solve trivia and puzzles to collect items at different checkpoints which will then be boxed up and sent to a deserving charity. Select from one of our affiliated charities or provide us with one of your own.

**12 person minimum. \$135 per person. 1½ hours minimum.**

**Cost of donatable items additional.**



## YOU CAN-CAN BUILD IT

Design, build and play! See if you can-can get a hole-in-one! In this exciting event, teams will compete to design and build a putting green using canned and non-perishable food items. Creativity, teamwork, and resourcefulness will come into play as participants will challenge other teams after completing the construction. All food will get boxed up to donate to a local charity at the end of the event. Provide your group the opportunity to let your creativity shine, show off your skills and feel proud knowing you have helped those in need.

**15 person minimum. \$135 per person. 1½ hours minimum.**

**Cost of donatable items additional.**

## TUNES FOR TOTS

Music is the voice of the soul. In this noteworthy event, teams will come together to play and paint musical instruments (e.g., guitars, shakers, bongo drums, etc.) to be donated to children in need.

Teams will start by working with a musician to learn the basics of their instruments. After mastering a series of rhythm-based exercises, participants will work collaboratively to create one unified sound. Teams must identify their individual role and work in sync to play their final performance.

Participants will wrap it up with the opportunity to design and paint the instruments which will later be packaged and sent to children in need. Give the gift of music in this powerful give back program.

**\$150 per person plus, cost of instruments. 2 hours.**



# group games + teambuilding



## ARCHERY TAG®

Played similar to dodgeball with their bows and patented foam-tipped arrows, Archery Tag® is an action-packed, exciting game with the ultimate family-friendly experience that engages everyone. Don't miss out on Tag . . . The game you never outgrow!

**10 person minimum, 20 max per game. Must be at least 12 years old. Starting at \$100 per person. Outdoor Only. 1 hour.**



## THE CHALLENGE

Experience a series of our dynamic challenges — you choose the activities and the location. Using proven experiential development techniques, we'll bring your group through a series of fun and engaging activities, with guided debriefs after each challenge. By opening up different lines of communication and reinforcing meeting-specific topics and goals {if desired}, we can guide your team through a process of performance improvement. We work with you to ensure activities selected focus on your desired themes and outcomes. Activities range in complexity and can be adapted to fit any location. While we specialize in outdoor adventure, we have many fun indoor activities to offer as well.

**Starting at \$150 per person. 1½ - 3 hours.**



## ADULT FIELD DAY

Take advantage of the unique talents within your group with this throwback to grade school, built with adults in mind. Adult Field Day features activities that are fast, fun, challenging and engaging and will require groups to work together to complete. Teams will rotate through a variety of activities playing against other teams in head to head competitions, earning points at each activity. Scores will be added up for an overall team score. The team with the highest score will win gold and the ultimate bragging rights!

**Starting at \$115 per person. Outdoor Only. 1 hour.**



## MINUTE MAYHEMS

Our Minute Mayhems challenges are fast and fun activities, guaranteed to get all participants involved & fully entertained! Using standard items found around the house, these non-athletic, yet challenging games are actually quite deceiving as they look much easier than they actually are. Teams will need to determine a strategy and rely on each other to complete each task in 2 minutes or less. There will be a time limit associated with each activity to provide teams with the opportunity to identify problem areas and change direction to continuously improve their final time. The team with the most overall challenge wins will be named as champions!

**Starting at \$100 per person. 1 hour.**





## GOLF DARTS OR FOOT DARTS

Using our giant dart board, choose either a soccer or golf themed competition, as teams try to rack up the most points by sticking a Velcro ball to the board to score! Golf darts is played with tennis balls and standard golf clubs. Foot darts is played with Velcro soccer balls. Hosted outdoors year round when weather conditions permit. Our giant dart board is also an entertaining addition to your casual outdoor dining event.

**\$450 set up fee, plus \$20 per person, per hour.**



## CORPORATE SURVIVOR

Compete in a series of thought provoking and entertaining head-to-head competitions to determine which team has what it takes to survive! Teams will rotate through a series of activities, competing against each other yet learning from the previous teams' mistakes. In between each challenge, teams will have 5 minutes to share best practices with the other teams to create a competitive yet collaborative event. Upon completing each activity, teams will be given a clue with a number on the back. These clues will need to be solved and arranged to determine the correct number sequence to unlock their final challenge. To further incentivize teams, teams will be rewarded with an advantage heading into the final challenge – so the more collective wins a team has, the better the advantage they receive! Does your team have what it takes to outsmart, outplay and outlast the competition?

**Starting at \$185 per person.**



## TEAM RELAYS {WITH A COORDINATOR}

- Potato Sack Race
- Leap Frog
- Cross Country 'Skiing'
- Water Relay
- Three Legged Race
- Tic-Tac-Toe Race
- Flipper Run
- Hula Hoop Challenge
- Egg Race
- Pony Hop Race
- Giant Soccer Run

**Choose up to 1 race per 10 people.**

**\$30 per person. \$100 facilitator fee per station.**

**Hosted on the Great Lawn at Minerals Hotel.**

## OUTDOOR SPORTS CHALLENGE OPTIONS:

- {WITH A COORDINATOR}
- Wiffleball
  - Badminton
  - Kickball
  - Hula Hoop Contest
  - Tug-of-War
  - Soccer Kick Challenge

**Select up to 3. \$35 per person. \$100 facilitator fee per station.**

**Hosted on the Great Lawn at Minerals Hotel.**

## ANGRY BIRD BATTLE

Build, launch and destroy in this exciting skill and action game based on the famous video game Angry Birds. Teams will be supplied with their very own flock of Angry Birds, green pigs, oversized structure pieces, and slingshot-style launcher. Mission cards will be drawn, and teams will need to replicate the structure selected before the opposing team attempts to knock it-and the pigs-down to win points. Teams will compete for the series of rounds to win the most points and ultimate title of Slingshot Champion!

**\$165 per person.**

## MISSION CONTROL

T minus blast off! Using science and pressure, watch as your rocket soars upward to 100 feet in the air! In this construction-based space mission, teams will be briefed and supplied with all the necessary tools and materials needed to create their very own rockets.

Next, teams move over to the launch pad to fuel their rockets and watch their creations soar. Points will be awarded based on construction, branding and the accuracy of their flight.

This is a great energy booster that brings out team creativity, communication and is sure to leave your team pumped up! Let the countdown begin!

**\$145 per person.**





### TARGET SPORT ROUND ROBIN

Teams compete to score points at three of our most popular outdoor sport challenges. Axe throwing, laser clay shooting and archery.

**\$750 setup fee, plus \$40 per person. Hosted at Minerals Hotel.**



### UNITED WE BREAKOUT

Do you have what it takes to breakout? The United Breakout is a portable escape room designed to unite your team and think outside the box. Race against the clock and each other to be the first team to breakout. Teams will need to solve numerous puzzles and challenges in order to unlock a series of boxes, each layer revealing more clues, until you reach the final box identifying the ultimate winner. This event highlights individual strengths, encourages collaboration, persistence and provides the perfect platform to practice attention to detail and strategic thinking. We can accommodate groups of all sizes, at one time, at any location!

**Starting at \$165 per person.**



### HIGHWAY TO SUCCESS

Challenge your engineer and design skills to build the road to success in this interactive, hands-on activity which combines communication, collaboration, creativity and goal setting. This event allows your team to build a free-standing, self-supported bridge which will guide them from where they are right now to where they want to be using SMART goals. Each team will be responsible for developing team goals and building a section of the “highway” that supports the weight of the entire company, using only the provided materials. To culminate the event, each participant must walk across the bridge confronting their goals, leading them to “success” at the end. Together we will bridge the gap, achieve our goals and have some serious fun!

**Starting at \$185 per person.**



### CSI INVESTIGATION

Partake in a realistic “homicide investigation” while playing roles as part of a law enforcement team. Teams must work as a unit of investigators to give prosecutors what they need to obtain a conviction by establishing motive, means and opportunity, through teamwork, communication and collaboration. Complete with victims, suspects, clues and all the rigors of police work, the CSI experience allows “investigators” to experience the significance & value of each team member in an interactive, non-threatening way.

**\$10,000 full day - \$5,500 half day. 4 or 8 hours.**





## GEO-TREKKING

Embark on a technology driven scavenger hunt to maximize team efficiency and collaboration while competing in a series of mini challenges and trivia along the way. In this fun, outdoor activity, small groups will explore an area in search of pre-programmed checkpoints with a hand-held GPS unit. Once teams arrive at a checkpoint, they will be faced with a challenge or trivia questions to solve. Questions can include general knowledge trivia, puzzles and riddles or can be customized to company specific questions to further personalize your experience and reinforce meeting objectives. This event is designed so teams will have to maximize their efficiency and collaboration in order to find as many checkpoints as possible within the allotted time. Only groups with the best strategy and teamwork will be lucky to locate them all! This event provides the opportunity for participants to step outside their comfort zone, embrace new challenges and develop new friendships.

**\*Ask how you can customize this event to support a local cause.**

**Starting at \$145 per person.**



## ANIMAL EDUCATORS

Get educated with local animal experts. Learn about their world as they provide a bit of joy and happiness!

**\$750. 1 hour seminar.**



## SCAVENGER HUNT

This fun, fast-paced challenge will test your observational and strategic skills while keeping the entire team engaged. Teams will set out in search to find a variety of items and locations, while completing riddles along the way. Photos and videos of your team completing specific tasks will be uploaded to our iPads to be awarded points. The team that completes the most items and challenges in the timeframe provided will win!

This is a great exercise to help strengthen workplace and interpersonal skills, improve the way you interact with people and environments around you and enhance your problem-solving skills more effectively.

**Starting at \$110 per person.**



## PIPELINE

This action-oriented team event focuses on planning and communication while learning to overcome obstacles. Teams will be challenged to transport items to the finish line, using only small sections of half pipe, emphasizing the importance of each team member's movements. The team with the best and most efficient strategy to deliver the greatest number of items in the allotted time will win. If you are looking to further challenge your team, participants will need to build a freestanding structure to support the sections of half pipe to deliver items without assistance. Teams will have minimal supplies to work with so communication, effective problem-solving skills and creativity will be key to your success!

**12 person minimum. \$150 per person. 1-2 hours.**





## YOGA + MIMOSAS

Experience the relaxation of yoga coupled with fresh Mimosas. This offering includes a 45 minute yoga session for all levels and a Mimosa bar with champagne, orange, pineapple and cranberry juices, plus peach purée.

**1 Hour. 10 person minimum per session.**

**\$400 instructor fee, plus \$45 per person.** Plus tax & administrative charge.



## INDOOR ROCK CLIMBING

Offering unsurpassed innovation and safety to guests, introducing an age old explorer sport to mainstream activity enthusiasts. Our wall features a catch-and-hold technology which gives climbers the time they need to rest, recover and finish their favorite route. Additionally, it has a built-in durability, safety & braking that both experts and novices trust.

**\$250 instructor fee, plus \$40 per person.**



## AQUA AEROBICS

Come work it out in the water! Hosted in our refreshing indoor pool, this class is popular for all levels as the buoyancy of the water provides a virtually impact-free cardiovascular workout, reducing joint stress and muscle soreness.

**\$250 instructor fee, plus \$25 per person.**



## GOAT YOGA

A one hour yoga class for all levels, where we incorporate our mini goats with a ratio of goats to guests that no one else can provide. The goats are unleashed, free to range & will climb on your back, socialize and get up close & personal with everyone. Following the class is a 30 minute social experience, where pictures can be taken with our little stars.

**1 Hour. 20 person maximum per session.**

**\$50 per person. \$550 setup fee. Ask your Sales Rep for larger groups.**

## MINERS EXPERIENCE

Join the Sussex County Miners on Game Day at Skylands Stadium! Enhance your game day fun with food vouchers, private picnic area or private suites. Champions Way Sports Academy offers a 17,000 sq. ft. indoor training facility, new batting cages and turf field. Lessons and clinics are also available with professional baseball and softball instruction. Enjoy these facilities on their own or host an Adult Field Day!

**Ask your Sales Rep for details and pricing.**

## SAY IT WITH MUSIC

Music connects people. Bring your creative vision and experience a personal songwriting workshop with Keith Burns, founding member of the Grammy-nominated ACM & AMA award-winning, platinum-selling group Trick Pony. He has had three Top 10 songs for such artists as Trick Pony and Joe Diffie and has also written several Top 40 songs with such artists as Hootie & The Blowfish, Sammy Kershaw, Burns & Poe, Mo Bandy.

Participants will immerse themselves in the art of songwriting and watch as Keith and his team of artists turns stories and memories into a custom company song. Final songs can be played for the group either immediately following the writing session or saved for later that evening when the artists perform a private encore performance for your group to enjoy!

**\$12,500 for up to 40 people. \$250 for each additional person.**

**2 hours.**





### WIFFLEBALL HOMERUN DERBY

Players battle it out to see who can rack up the most points by hitting home runs. Power-up and penalty targets throughout the field make for an exciting and often humorous competition! This is the perfect athletic challenge for groups with various abilities.

**\$35 per person, plus \$500 setup fee. Hosted on the Great Lawn at Minerals Hotel.**



### RIDICULOUS RACES

Its no joke that laughter is the best medicine & we are here to help your group let go of their everyday stress and inhibitions as they play like kids! Your group will select three of our seasonally appropriate challenges that are as much fun to watch as they are to do.

**Starting at \$40 per person, plus \$200 facilitator fee per 50 people. Hosted outdoors only.**



### PICKLEBALL

Pickleball is the fastest growing sport in America, and is now available at Minerals Hotel! Pickleball is a cross between badminton, tennis and ping-pong and is ideal for any age and athletic ability. Group competitions or professional clinics are available.

**\$30 per person, plus \$250 facilitator fee per 20 people.**

**Looking for professional instruction? Fees start at \$500 per hour for two pros.**



# explore your creative side



## **PAINT + SIP**

Amaze yourself as you create your own masterpiece with hands-on guidance from local artists. Enjoy a stress free environment filled with fun, friends, laughter and creativity.

**10 person minimum. \$50 per person. \$250 setup fee.**

## **GLASS PAINT + SIP**

Our glass painting workshop will fulfill all your creative needs! Learn simple steps to create a gorgeous painted wine glass or mason mug!

**10 person minimum. \$35 per person. \$250 setup fee. 1 hour.**



## **LOCAL ARTISAN WORKSHOPS**

Choose from a variety of educational and artistic workshops including: Bee Keeper Talks, Macrame Jewelry or Macrame Plant Hanger Workshop, Herbal Salve Making Workshop, Customized Pet Portrait Painting Workshop, Art Journaling, Floral Workshops, Medicinal Tea Tasting and Plant & Sip.

**Ask your Sales Rep for pricing & availability. Please allow 72 hours for confirmation.**



## **TIE DYEING**

Release your inner child & get creative with tie dyeing!

**\$15 per shirt, \$250 setup fee. Hosted at Minerals Hotel.**



## **CANVAS CONNECT**

Strengthen your group dynamic, spark creativity and let your inner artist come out to play! The artist will go step-by-step on how to paint an original piece of art. Absolutely no experience is needed for members of your group to participate. Paintings can be done individually or create one large-scale painting as a team. Paint your company logo, pick from our gallery or have our local artist create something specific for your group beforehand. Paintings can be taken home to show off to your family & friends or back to the office for display on the wall. We supply all the paint, brushes, aprons and canvas' to create your masterpiece. Canvas Connect will provide your group with a one-of-a-kind, personalized experience sure to spark collaboration, leaving your team inspired & ready to create!

**Starting at \$100 per person.**

**Custom merch available for an additional fee.**



## **METAL STAMPING WORKSHOP**

Learn the basics of metal stamping to create personalized accessories and gifts! Each participant will make their choice of two pieces. Selections vary by availability but include bangle bracelets, pendants, keychains, dog tags, guitar picks, rings, earrings, etc. No artistic background needed.

**\$250 instructor fee. \$40 per person.**



# outdoor adventures



## HIKING WITH GOATS

Our goats feel safest with humans, considering people are a part of their herd. Hiking with them is a natural way to bond with both the goats and your peers, while enjoying the 3 mile Nature Trail on property at Grand Cascades Lodge. We'll stop along the way to get priceless pics of your team with the goats!

**Setup Fee \$800 plus \$20 per person up to 20 people.**

**Ask your sales rep for details on larger groups.**



## MOUNTAIN HIKE {FROM MINERALS}

Take an invigorating hike with one of our certified personal trainers up to the top of the 1,500 ft. Hamburg Mountain and back down. You will be rewarded with a beautiful view of the Vernon Valley. This hike is of moderate intensity. Please dress appropriately and bring a bottle of water. Weather permitting. Offsite hiking on the Appalachian Trail also available.

**\$100 per guide, per 10 people. \$25 per person.**



## GRAND CASCADES LODGE NATURE TRAIL

Explore The Nature Trail along the woods of Wild Turkey Golf Course. While on the 3.1 mile long trail, you will encounter beautiful views of the golf course and surrounding areas. Possible animal sightings include deer, squirrels, rabbits, red-winged black birds, ducks, hawks, black bear, great blue herons, owls, red fox and turtles.

**\$100 per guide, per 15 people. \$25 per person.**





### **EDIBLE + MEDICINAL PLANT WALK OR SEMINAR**

Join our Certified Herbalist and Naturalist, for a walk along the Crystal Springs Resort Nature Trail to discover edible and medicinal plants that can be found not only throughout the region but in your very own backyard. The Herbalist will share helpful hints for proper plant identification, as well as easy and efficient methods for harvesting and preparing these plants at home. Bring any plant related questions that you wish to be answered. There will be many stops along the way to meet and observe the plants, so be sure to bring your camera and a notepad.

**\$500 Naturalist fee. \$25 per person.**



### **FOREST BATHING**

Our forest bathing expert will take your group on a guided walk while practicing sensory awareness via scent, sight, sound and breath. This activity is designed to quiet the mind and deepen the connection with the inner self and the natural world, largely through sensory experience. The walk culminates in a 10 minute guided meditation with a focus on connecting with the earth and nature.

**\$350 Instructor fee. \$30 per person.**



### **MINDFUL MEDITATION**

Explore the practice of mindfulness by sensing and feeling in every moment. Learn how to engage in the world around you by utilizing breathing methods, guided imagery and sensory exploration to reduce stress and anxiety.

**\$350 Instructor fee. \$30 per person.**





### **BREATHWORK CIRCLE**

Still the fluctuations of the mind with our breathwork practitioner. This powerful meditation experience expands upon the pranayama breathing technique to facilitate a release of stuck energy, stress, trauma, anxiety and whatever else is hiding in the energetic body. The Breathwork Circle will incorporate traditional sound healing tools and offers a space for positive affirmation as you move through the energy of the body and discover your true self.

**\$350 instructor fee, plus \$30 per person.**

**Maximum 40 people. 1 hour.**

**Add on Sound Healing - additional \$15 per person.**



### **BEE HIVE BOX BUILD**

Teams will work with a local beekeeper to build a bee box with supplied materials. The beekeeper will share fun facts about how a bee colony develops, how honey is made, as well as how bees are critical to local agriculture and the food chain. The completed bee boxes will be donated to a local farm and become the new home of a bee colony. As a thank you for supporting the local bee population, your group will receive souvenir jars of sweet honey from your sponsored hive at a future date.

**Inquire with your sales rep for pricing.**



### **STARGAZING**

Discover the wonders of the universe with Franklin Astronomy Club founder Zach Lichtmann. View amazing celestial targets with a high-powered telescope while hunting for orbiting satellites soaring overhead. An informed, casual discussion allows time for astronomy questions to be explored. This event requires a clear sky, an indoor presentation is available in inclement weather.

**\$400 set up fee, plus \$40 per person. Maximum 25 people. 1 hour.**

**Please allow 72 hours for confirmation.**



### **SOUND BOWL EXPERIENCE**

A fun and educational presentation on the science of why sound and vibration affect us physically, mentally and energetically. Participants will experience a meditative crystal sound bath and mini-sessions of Vibrational Sound Therapy through the use of Himalayan singing bowls.

**\$350 set up fee, plus \$30 per person. Maximum 25 people. 1 hour.**





## ARCHERY

Located adjacent to the fresh-water quarry at Grand Cascades Lodge, our archery range showcases the finest in guided archery. A unique rustic log construction makes it an ideal place to take pictures and capture memories of your vacation. Bows, arrows and instruction provide. Also available on property at Minerals Hotel.

**1 hour \$100 instructor fee, plus \$30 per person, per 8 people.**



## FISHING

Discover the beauty of our unique fresh-water 100 ft. deep quarry at Grand Cascades Lodge. Stocked with trout, large-mouth bass, bluegill, chain pickerel, perch, rock bass and sunnys. Rods and bait provided. Our expert fishing instructors will teach you how to identify the various fish species.

**1 hour. 8 person maximum.**

**\$100 instructor fee, plus \$20 per person.**



## TREESCAPE AERIAL ADVENTURE ROPES COURSE

A unique blend of wooden platforms built high in the trees, connected by exhilarating combinations of rope walks, obstacles, climbing elements and zip lines all located in a beautiful forested setting. Located 5 minutes from the Resort.

**Starting at \$1,250 for up to 20 people.**

**Per person rates are available for additional guests over 20.**

**Shuttle service additional if required.**

## OUTDOOR MOVIE NIGHT

Weather pending.

**\$750 set up fee, food & beverage additional.**

## ARCHERY + FISHING PACKAGE

Includes lawn games.

**Minimum of 8 guests. \$200 instructor fee, \$40 per person.**



## FARM ANIMAL VISITS

Join us for some good ol' animal therapy! Local farm animals will visit the Resort to provide a bit of joy and happiness as you meet furry and feathered friends!

**\$1,000 for 4 Hours. \$50 each additional hour.**

## TETHERED HOT AIR BALLOON RIDE

Weather pending.

**Starting at \$5,000.**





## LAWN GAMES

Have an extra hour or 2? Choose 4 lawn games to play with your group and have fun while passing time!

- Corn Hole
- Connect 4
- Yardzee
- Lawn Bocce
- Kanjam
- Molkky
- Jenga
- King Kubb

**\$10 per person. Competition available for \$200 per game.**

## EQUESTRIAN GAMES

Challenge the opposing team in a series of games on horseback. Games will be selected to suit the experience level of your group, but challenges include balance, obstacle courses and flag races. Located at Bluestone Farm, approximately 20 minutes from the Resort.

**1 hour 45 minutes plus travel time. \$175 per person.**

**Please allow 72 hours for confirmation**

## EQUESTRIAN LESSONS

Smaller groups can enjoy English or Western style lessons, tailored to the skill level of the participants. Lessons include grooming, tacking, riding, cool down, untacking. Located at Bluestone Farm, approximately 20 minutes from the Resort.

**\$150 per person, per hour. Max of 5 people per session.**

**Please allow 72 hours for confirmation**



## AXE THROWING

Bring your group out for popular axe throwing. This modern sport involves throwing an axe at a target attempting to hit the bullseye as close as possible. Get in the competitive spirit and have fun while participating in this outdoor activity.

**\$200 instructor fee, plus \$30 per person, per hour.**



## LASER CLAY SHOOTING

This popular activity is suitable for first time and seasoned clay target shooters. Using a modified shotgun, participants fire an infrared beam at reflective clays. Real, deactivated guns are used with realistic sound effects that inform the shooter when the target has been hit.

**\$250 set up fee, \$40 per person. Instruction & Equipment provided.**

**Location varies based on time of the year. Night Clay Shooting available.**



## CURLING

Two teams of players slide curling stones down a sheet of specially prepared synthetic ice attempting to get their stones closest to the target's center.

**Minimum of 8 guests. \$150 facilitator fee, \$20 per person, per hour.**

**Instruction & Equipment provided. Located at Grand Cascades Lodge.**

**Off-season availability {March - November} additional \$1,500 set up fee.**



# golf clinics + activities



## FOOTGOLF

Experience the newest and most exciting crossover sport to hit the United States — FootGolf! FootGolf is 2 sports rolled into 1 and is played by kicking a soccer ball {on a golf course} into an oversized hole to score — with rules similar to golf. FootGolf takes just 2 hours to play 18-holes and the best part is, it can be enjoyed by all ages. FootGolf is perfect for a team Fundraiser Event or End-Of-The-Season Party. FootGolf is offered at Cascades and Minerals golf courses. Check out our website for FootGolf Rules at [CrystalFootGolf.com](http://CrystalFootGolf.com).

AMERICAN FOOTGOLF LEAGUE ACCREDITED.

**Starting at \$40 per person. Includes 18 holes, ball rental & cart.**



## SWING + SIP

Sample and savor what the Resort is known for with this new series . . . top-rated golf and award-winning wine! This activity includes: 45 minutes of instruction conducted by one of the golf professionals of Leadbetter Golf Academy, 3 holes of golf in scramble format on one of our spectacular Resort courses, wine sampling and an assortment of delicious hors d'oeuvres.

**12 person minimum. Starting at \$75 per person.**



## GLOW GOLF

Amp up your night on our 18-hole Natural Grass Putting Course by playing after dark with glow-in-the-dark balls and pin flags. Subject to availability.

**Coordinator \$150 per hour {optional}.**

**Exclusive use of the putting course \$350.**

**Grand Cascades Lodge guests only.**



## PUTTING COURSE

More than mini-golf, our 18-hole Natural Grass Putting Course is maintained by the same crew that sees to our world class golf courses. Meandering in front of Grand Cascades Lodge with a running stream and beautiful native flora, this unique setting for a game of putt-putt will delight you.

**Facilitator \$150 {optional}.**

**Exclusive use of the course \$350, plus facilitator fee.**

**Grand Cascades Lodge guests only.**





## 1 DAY MINI SCHOOL

Our Mini Schools are the staple of Leadbetter Golf Academy's Instructional Offerings. Participants will spend 3 hours with a Leadbetter Certified Instructor working on Full Swing or Short Game. Mini Schools Include: V1 Video Analysis and Summary, Launch Monitor data & an LGA Gift Bag. A small class size ensures each individual will receive all of the attention they need to get on a path to "Building a Lifelong Game."

**4:1 Student to Instructor Ratio. Minimum of 2 students required. Starting at \$399 per person.**



## PLAY BETTER CLINIC!

A 45 minute to 1 hour clinic with a specified theme or subject matter. The instructor will briefly go over the theme with the group then walk the line as the group puts it to the test. These are generally geared around those who play the game a little and would like a private tune up before a golf outing or can be used as a breakout from a conference.

**16:1 Student to Instructor Ratio. Starting at \$275 per hour.**

## QUICK TIPS CLINIC

A Leadbetter Certified Instructor will walk the range for up to 1 hour before the golf outing, offering help to anyone seeking improvement. This is designed to be easy and informal.

**Unlimited Participants – 1 Instructor. Starting at \$250 per hour.**



## BEGINNERS CLINIC

The new players in golf can enjoy a 2 hour Beginners Clinic on the driving range with a Leadbetter Certified Instructor, who will cover the basics of golf with the group. Participants will learn the basics and hit some golf shots. Golf clubs will be provided if the student does not have their own equipment.

**16:1 Student to Instructor Ratio. Starting at \$475.**

## ON-COURSE SWING ANALYSIS

A Leadbetter Certified Instructor will be set-up on a designated hole during an outing and video the participants. The LGA Instructor will review and assess each player and then send a V1 video analysis via email to each participant.

**Minimum of 16 participants required. Starting at \$25 per person.**

## BEAT THE PRO

An LGA Professional will be ready to hit a shot on the par 3 of your choice. For an additional fee [per participant], each member of the outing will receive the opportunity to hit a shot closer than the pro. Players who 'Beat The Pro' will be given a raffle ticket to win a prize after the outing. This program is highly effective when used as a fundraiser.

**Unlimited Participants – 1 Instructor. Starting at \$125 per hour.**

## GET IN THE GAME CLINIC

Experience this beginner golf clinic lead by PGA Professional and Player Development award winner MaryBeth Kohberger. This program is intended to help novice golfers learn the basics of golf, course etiquette & behavior and accelerate the ability to conduct business on the course while advancing their career with networking and selling tips.

**10 person maximum. Starting at \$550.**



# seasonal activities



## FARM TOURS

55 acre operational farm backed up to the Appalachian Trail in the scenic Vernon Valley which is approximately a 15 minute drive from the Resort. Farm tour includes interaction with the following animals, but not limited to — rabbits, goats, chickens, pigs, alpacas, sheep, cows, baby calves, baby chicks, baby goats. All of the animals can be hand fed and during the hands on interactions, the farmer will educate the guests about each animal. Some fun things to do during the tour — collect eggs from free range chickens, give alpacas a bath, bottle feed calves, take the ducks for a swim or take a ride on a led horse or pony.

**1½ Hours. \$60 per person.**



## SUSTAINABLE FARM TOUR

Tour nearby Vernon Valley Farm, where young, modern farmers Kirk and Christina Stephens utilize nature's synergies to run their fully sustainable farm. Guests will enjoy a hay wagon ride tour of the farm, interact with various farm animals and harvest fresh fruit or vegetables in season. Vernon Valley Farm is situated on 270 acres, with exquisite mountain and valley views.

**1½ hours, including travel. \$60 per person.**





## ICE CARVING

Learn the art and skill of ice carving in this cool, interactive event that is sure to break the ice. An ice carving expert will provide a demonstration and lesson on the technique of ice sculpting before teams are challenged to create sculptures from a frozen block of crystal-clear ice. Sculptures will be judged based on creativity, skill, complexity, and technique and can then be used as centerpieces for your evening dinner. We supply all the tools and everything you need to create your custom creations that will enhance any event.

**\$2,225 for up to 12 people. \$135 for each additional person.**



## WINTER OLYMPICS

Join us as we recreate the events of the Winter Olympics Games. This experience has been designed to ensure full engagement through universally accessibility Olympic-styled games that everybody can do! Teams will compete in a series of fun winter activities which could include:

- Broomball
- Snowshoe Races
- Biathlon
- Ice Skating
- Curling

**Starting at \$135 per person.**



## GLICE SKATING

CSR is proud of its eco-friendly Glice skating activity, a fun alternative to traditional ice skating. The Resort's high performance rink is manufactured by Glice, one of the world's leading producers of Swiss-engineered synthetic ice rinks.

**\$750 rental fee, plus \$30 per person. Rates are per hour of use.**

**10 person minimum, 35 maximum.**



## WINTER ROUND ROBIN

All teams are tasked with scoring points at each challenge station: Axe throwing, hockey slap shot and giant dartboard.

**\$900 setup fee, plus \$40 per person. Minimum 40 guests.**

**Available Monday – Thursday. Hosted at Grand Cascades Lodge.**

## SLAP SHOT HOCKEY

The slapshot is the most powerful shot in ice hockey. Join us for various competitions rating speed and accuracy.

**\$250 setup fee, plus \$30 per person.**

**Hosted on the Glice Rink at Grand Cascades Lodge.**



# event add-ons



## MURDER MYSTERY

Bring your detective skills to the dinner table and try to solve the mystery we provide. Teams will work together to crack the clues and solve the mystery under the direction of one of our Detectives. Using company and participant details you provide, we'll customize the show for your group, creating a truly unique experience. This is a fun, casual activity with a good range of participant involvement that will set the stage for a evening not to be forgotten.

**15 person minimum. \$150 per person, food & beverage additional.**



## TRIVIA GAME SHOW

Are you ready for some trivia? Play along with our professional game show host to answer trivia about fun, pop culture and company trivia! You will use high speed, engaging technology to answer the questions to ensure a professional, exciting experience. Make your own teams and determine who knows the most answers to take home the gold!

**Starting at \$2,950.**

## PHOTO BOOTH

Stocked with full props and photos printed on the spot for participants to take home as a keepsake.

**\$1,650 up 3 hours. Additional fee over 3 hours.**



## ACROYOGA CHALLENGE

AcroYoga is a blend of partner acrobatics, thai massage and yoga. You will learn to trust your own body & the community of acroyogis around you in a fun and friendly environment.

**1 Hour. 2 Instructors. Starting at \$350.**



## CASINO GAME NIGHT

Feeling lucky? Try your hand at our Casino Night. Whether it's craps, blackjack, poker or roulette, we will transform your venue into a real casino in no time to provide an authentic gambling experience. We bring everything you need to ensure a complete success including our quality casino tables, equipment, pit boss and experienced dealers. Our dealers are friendly, inviting and will help your guests every step of the way, from explaining the details of the night, to teaching the games they deal. Provide us with your own creative vision, or leave the whole thing to us and we will create an amazing experience your guests will never forget. We will ensure your event follows all gambling state laws, leaving you to worry more important things, like having fun with your group!

\*Ask about how you can customize this event to support a local cause.

**Ask your Sales Rep for pricing and availability.**





## JOHN GRAHAM THE MENTALIST

A different kind of magic, magic of the mind. Skill sets demonstrated include mind reading, predictions, people reading and telekinesis. These demos are not just amazing, they are entertaining. Audience participation is a must. Find out why "For those who believe, no explanation is necessary, for those who do not believe, no explanation is possible."

**For private events, \$3,500 - \$5,000.**

## THE SUPER MAGICIAN SHOW

Mind blowing magic, hilarious comedy & a musical score that stimulates and inspires the audience. Featuring audience participation at its best and a completely original surprise ending that leaves the audience stunned, smiling and often on their feet applauding. Experience "The most fun you can have while being fooled!"

**For private events, \$4,500 - \$5,000.**

## STROLLING MAGIC

Magic performed just for you, one-on-one. Imagine an event lighting up, with amazing miracles happening right in front of you, even in your own hands. See the smiles and hear the laughter of your guests as they enjoy their very own show and are brought together with other groups in shared amazement. Experience "A sleight of hand artist beyond compare."

**For private events, \$4,500 - \$5,000.**



## TAROT CARD READER

Learn more about your past, present and future with an enlightening one-on-one reading. For those who believe, revealing life stories will be explored and may guide in tackling challenging situations.

**Starting at \$1,000, per reader for up to 3 hours.**



## DJ + KARAOKE

We have the perfect DJ and entertainment for your event.

**Starting at \$1,650 for DJ + Karaoke, for up to 3 hours.**



## NITROGEN ICE CREAM

Upgrade your event with this imaginative dessert experience. Be enchanted as your choice of ice creams or sorbet are created right before your eyes in a revolutionary process that freezes the ingredients at negative 321 degrees, creating ice cream in less than two minutes. Whether they are marveling at the process or talking about how delicious the ice cream is, your guests will be left with a conversation piece for the evening. Let dessert be the star of the show!

**\$750 setup fee, plus \$15 per person. Minimum 50 people.**

**Additional setup fees apply for groups over 250 people or if multiple stations are requested.**

**Please allow 72 hours for confirmation.**

## NIGHTLY ENTERTAINMENT

Looking to enhance your evening entertainment? We've got you covered! Let us play as your one stop entertainment source. Whether you are looking for game rentals, Caricature artists or party entertainers, we have a vast variety of entertainment options that are sure to entertain your entire group.

Select from one of our packages or build your own custom event a-la-carte.

**Starting at \$1,750.**





## SPLATTER ROOM

Unleash your creative side and rid the stress of your daily life in the messiest of ways. We set up an enclosed tent & supply head-to-toe protective gear for your team to wear. Teams create their own Jackson Pollock-inspired masterpieces as they splatter paint on the walls, floor and even each other. Afterwards, head to the photo area for video and photos to commemorate the event.

**\$4,000 flat fee for up to 4 hours. Hosted outdoors only.**

**Please allow 72 hours for confirmation.**



## IRL ROCK-IT LEAGUE

All the fun of the popular video game, with a twist – no screens! RC cars plus our custom arena create an inclusive interactive activity. Soccer meets driving as two teams go at it to see who can score the most points before the time runs out.

**\$2,500 flat fee for up to 4 hours.**

**Please allow 72 hours for confirmation.**



## RAGE ROOM

A rage room is a place where people can vent their rage by destroying objects. Our mobile option can be set up indoors or out.

Option 1: We believe smashing is more fun when you can identify the environment. Modeled after an office cubicle, featuring a desk, computer, printer, coffee mug and those annoying motivational posters. Guests gear up in head-to-toe protective gear and choose their weapon of choice to get smashing! The room consisted of a polycarbonate protected viewing area because watching others release some pent up rage is half the fun!

Option 2: Guests write something that infuriates them on a plate, then they chuck or smash it to let out their aggression.

**Starting at \$4,000. Please allow 72 hours for confirmation.**



# restore your mind, body + soul



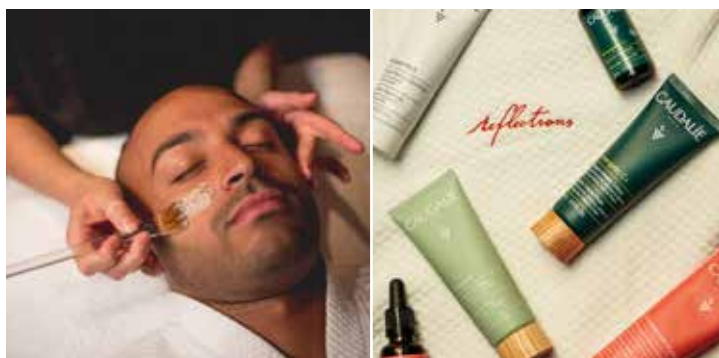
## REFLECTIONS SPA {AT GRAND CASCADES LODGE}

Reflections Spa provides spa aficionados a luxurious, full-service menu with a range of relaxing body and facial treatments. Red fire art glass design inspires throughout, with a stunning 8,000 quartz crystal ceiling containing healing powers from the earth illuminating your entrance into the spa.



## ELEMENTS SPA {AT MINERALS HOTEL}

This award-winning spa incorporates the healing powers of the earth into its breathtaking design and rejuvenating services. A complete menu of massages, facials and body treatments are offered, featuring beneficial minerals from the earth.



\*Ask your Sales Rep about a block of spa services for your staff



# training + development

## 5 DYSFUNCTIONS OF A TEAM

Based on the book by Patrick Lencioni, this high-impact workshop helps teams improve in each of the five key fundamentals of a team — trust, conflict, commitment, accountability and results.

- **Absence of trust** — unwilling to be vulnerable within the group
- **Fear of conflict** — seeking artificial harmony over constructive passionate debate
- **Lack of commitment** — feigning buy-in for group decisions creates ambiguity throughout the organization
- **Avoidance of accountability** — ducking the responsibility to call peers on counterproductive behavior which sets low standards
- **Inattention to results** — focusing on personal success, status and ego before team success

## DISC ASSESSMENT

The DISC profile is a non-judgmental tool used for discussion of people's behavioral differences to improve work productivity, teamwork & communication centered on four behavioral traits — dominance, inducement, submission and compliance.

- **Dominant** — Direct, firm, a leader, results-oriented
- **Influencing** — Outgoing, talkative, optimistic, people-oriented
- **Steady** — Even-tempered, accommodating, patient, family-oriented
- **Compliant** — Analytical, organized, data-driven, detail-oriented

This workshop will help participants gain valuable insight into communication preferences and tendencies for themselves and others, as well as how to build trust-based relationships, prevent and manage conflicts, give and receive feedback and make better business decisions, all leading to increased productivity and improved morale.



## MOTIVATIONAL SPEAKERS

Whether you are looking to achieve new goals, drive change or motivate your team, our motivational speakers aim to encourage, inform, advise and benefit our listeners. We offer a wide variety of speakers ranging from, but not limited to, communication professionals, sports persona and military men and women who come from all different walks of life and draw upon their unique life experiences to engage, empower, inspire & motivate people.

## TUCKMAN'S MODEL WORKSHOP

In 1965, Dr. Bruce Tuckman, a renowned professor of educational psychology, presented a model called "Tuckman's Stages of Group Development" outlining four phases that are necessary for any team to develop and grow:

1. **Forming**
2. **Storming**
3. **Norming**
4. **Performing**

Tuckman proposes that at any given time, a group finds themselves in one of these four stages. Using this model, we will take your group through a journey of introspection and group formation. This workshop provides managers, leaders and team members the tools to not only identify which stage teams are currently in but also how to be most effective while in that particular stage leading them to process and acknowledge inevitable conflicts and changes during group development, how to accelerate through the group stages with awareness and compassion for each other and ultimately, how to improve overall team performance.

## LEGO® SERIOUS PLAY®

Use LEGO® bricks to build stronger connections with your teams and help tackle organizational business challenges. Using metaphor, each person is given their own set of bricks {which they keep!} to build answers to various questions. Questions are built to explore the non-work side of individuals and create a sense of understanding and expression not normally found in conversation. Fun, playful, and engaging, this method gets everyone building and sharing in no time.

**Starting at \$5,000 for up to 15 people.**

**After 15 people, \$300 per person. 2 hours.**



# Crystal SPRINGS RESORT

