



TEAMBUILDING



NEMACOLIN
WOODLANDS RESORT

GROUP SERVICES / TEAMBUILDING ACTIVITIES

Teamwork is essential to a company's success and allows everyone an opportunity to tap into their highest potential. Nemaquin's teambuilding programs help your company grow, motivate and encourage participants in a safe environment.



HOLISTIC HEALING CENTER

FREE TIME

Scheduling free time for your group? Don't forget about the Holistic Healing Center's treatment menu. Each service is performed in a private suite and combines personalized luxury with true healing.

Experience services and treatments such as: Acupuncture, Acu-Facial, specialty massages including: Stress Relief Therapy, Healing Energy Work, Metabolic Testing, Hormone Testing, Posture and Body Alignment, Emotional Freedom Technique and Personalized Yoga, Tai-Chi, or Meditation Sessions.

WORKSHOPS

Combine our Teambuilding Activities, Refreshers and Rechargers with free time to incorporate personalized services to customize your own workshop available only at the Holistic Healing Center

Sample objectives for your workshop may be, but are not limited to:

Education	Healthier Mind and Body
Fitness	Officeplace Camaraderie
Destressing	Teamwork
Balancing	Well-Being
Recharging	Enlightenment
Relaxing	Harmonizing
Unwinding	Bonding
Energizing	Nutrition
Work and Family Flow	

REFRESHERS (20 MIN)

REFRESHERS: Designed to give attendees a moment to stretch their bodies and refresh their minds in a brief but impactful 20 minute wake-up session, performed in your meeting room.

Starting at \$120 inclusive of gratuity.

RECHARGERS (45 MIN)

RECHARGERS: Let us take you and your guests out of the meeting and into a new space aimed to revive and recharge. As a result you will notice stronger participation and increased enthusiasm upon your return.

Walking Meditation	Tai Chi
Yoga	Group Acupuncture
Breathing Techniques	Seated Yoga / Aerobics
Essential Oils	Labyrinth
5 Tibetan Exercises	Easy Self Massage Techniques
Healthy Snacks	Meditation
Group Hypnosis	Power of Juicing

Starting at \$150 inclusive of gratuity.

ACTIVITIES

Activities can be reserved for 1, 1 ½ or 2 hour sessions. They can be performed within your meeting space, at the Holistic Healing Center, outside, or anywhere on Nemaocolin property.

YOGA: We offer Yoga from beginner to expert levels. Styles include Restorative, Yin, Ashtanga, Kundalini, Bikram, Iyengar, Vinyasa and Hatha techniques.

WALK & YOGA: Unplug and experience Nemaocolin's tranquil property with a Walk and Yoga session. Satisfying for all levels.

VISION BOARD: A Vision Board is a valuable teambuilding activity that works to align company goals with personal ones.

JOURNALING: Remove the pressure, judgement and expectations and freely express yourself through journaling.

GROUP GARDENING: Sometimes we just need to reconnect with nature and get our hands dirty. This educational yet practical class will leave the group feeling rewarded.

ART & WINE: Our class encourages participants to relax and develop a new skill, while inspiring artistry and imagination.

COOKING & NUTRITION: Exciting, informative and interactive. This class is customized to your goals and includes tastings.

MEN'S OR WOMEN'S HEALTH: Learn and grow, as we discuss the topics of most importance to men/women today.

WALKING MEDITATION: This environment creates a meditative space all can appreciate. Available in labyrinth or Holistic Garden.

EMOTIONAL FREEDOM TECHNIQUE: Learn and practice a healing technique rooted in Chinese Medicine that can be used to balance your past with a healthy, productive attitude towards your future.

GUIDED MEDITATION: Let our professionals lead your group through a controlled Meditation session.

GROUP ACUPUNCTURE: Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health and improve overall function and well-being. It is a safe, painless and an effective way to treat a wide variety of medical problems.

**Nemaocolin acupuncturists do not diagnose any type of medical condition.*

TAI CHI: An introductory class to Tai Chi, which is derived from Chinese martial arts. Considered as a mind-body form of exercise often referred to as meditation in motion. Wear active clothing attire.

GROUP HYPNOSIS: Move past personal obstacles in the workplace. A few topics include: weight management, smoking cessation, pain management and stress relief.



ADVENTURE & WILDLIFE

THE GREAT CHASE

Discover new areas of the resort as your team traverses our 2,000 acres and races against other teams to complete many tasks. Navigate our beautiful property by foot as you solve and complete your challenges. In order to complete the chase, your team must participate in a variety of activities ranging from the 50' climbing wall, to a centipede shuffle, or a mind blowing ride down our zip lines. These tasks will challenge you both physically and mentally. Remember to never give up on the chase! Activities may vary.

Choose from three different package options:

SILVER PACKAGE - Includes six standard activities and two low ropes elements. \$65.45 per person

GOLD PACKAGE - Includes five standard activities, two low ropes elements and one advanced element. \$89.25 per person

PLATINUM PACKAGE - Includes three standard activities, three low ropes elements and two advanced elements. \$107.10 per person

This outdoor activity is available March through November (weather permitting) and lasts approximately two hours.

Standard Activities:

The Bull Ring
The Pipeline
Centipede Shuffle
Minesweeper
Giant Puzzle
Water Tubes
Climbing Wall Challenge
Bucket Head
Wordles
Bomb Removal
Magic Carpet
Snake

Low Ropes Elements:

PVC Rescue Ladder
Spiders Web
The Whale Watch
Islands
Teepee Shuffle
Mohawk Walk

Advanced Activities:

Jeep Rock Rides
The Fat Bird Superflyer
Mini bowling Tournament
Target Paintball
Scavenger Hunt
Combat Paintball*

*Additional \$35 per person

SPECIAL OPS COMBAT PAINTBALL

Different from your traditional paintball game, this high energy fast paced teambuilding event tackles a military approach with a focus on teambuilding, strategic planning, leadership and problem solving. This event is designed to be customized to your group's needs. The group is split into teams; each team must locate their commander who will have special instructions for further play. Each team is playing against one another. The team with the most players standing wins.

This outdoor activity is available March through November (weather permitting) and lasts approximately three hours depending on group's needs. \$129 per person. Pricing includes Paintball Gun, Air Tanks, Protective Masks and Coveralls.

TEAMBUILDING INITIATIVES

Here at Nemaquin, we believe that a true team is the result of hard work, shared experiences and truly believing in what we do. To assist you in strengthening your team, we have developed several activities for your group to work through together. These activities are designed to illustrate a variety of lessons including cooperation, ethics, communication, work-life balance, sales techniques, goal setting, leadership styles, and more.

Below is a sample of initiatives to give you an idea of what is in store:

- The Bull Ring
- The Pipeline
- Centipede Shuffle
- Giant Puzzle
- Bomb Removal
- Wordles
- Water Tubes
- Climbing Wall Challenge
- Magic Carpet

More initiatives are located on the next page.

This indoor / outdoor activity is available year round and lasts approximately two hours. \$35.70 inclusive per person

OUTDOOR HIKING EXPEDITION

This program invites you take a step off the property and into the Great Outdoors. As you begin your trek on one of the trails the Laurel Highlands Mountains has to offer, you will be able to view the cascades, waterfalls, and wilderness as you work together to complete some of our teambuilding challenges along the way. Groups along with a facilitator will go for approximately a 3 mile hike completing a total of 3 challenges before concluding their journey.

The Outdoor Hiking Expedition may include the following activities:

- Bull Ring
- Pipeline
- PVC Rescue
- Bomb Removal
- Giant Puzzle
- Snake

This outdoor activity is available March through November and lasts approximately two and a half hours. \$59.50 inclusive per person

TOUR DE NEMACOLIN

This exciting program allows you to build your team's morale and communication skills while contributing to a community in need. Your team will be divided into groups to solve specific mind challenges. As your team solves these challenges they will gain pieces of a bicycle. Each challenge completed moves your team closer to building a new bicycle for young children. Your business and/or organization can pick a community or an organization to donate the bicycles to.

This indoor / outdoor activity is available year round and lasts approximately two hours. \$95.20 inclusive per person

ZOOKEEPER OLYMPICS

Get down and dirty in the exciting world of a zoo keeper. No day is the same and you never know what may happen. You must work together to accomplish the physical task as well as put your heads together to come up with creative solutions to unique situations. Split up into teams or compete as individuals and try your hand as a zoo keeper. You can work together as a team or choose the team member you think will do the best while you all cheer them on.

The Zookeeper Olympics would include the following activities:

- Hay Bale Toss
- Hay Stacking
- Tortoise and Hare Race
- Animal Trivia
- 5 Gallon Bucket Dead Lift
- Meat Weighing
- Horse Saddling
- Animal ID
- Longest Launch

This indoor / outdoor activity is available year round and lasts approximately two hours. \$59.50 inclusive per person

BREAKING THE ICE

Interested in teambuilding but don't have a lot of time? Allow one of our facilitators to bring the fun to you! Breaking the Ice, is a program created to break-up a meeting and focus on communication, group think, and teamwork. Our facilitators will incorporate anywhere from 1-3 activities filling a 1 hour timeframe. The activities are hand selected by the facilitator based on your group demographics.

This indoor / outdoor activity is available year round and lasts approximately one hour. \$238.00 inclusive for facilitation

LOW ROPES CHALLENGE

Without the fear of heights, discover how to relate small obstacle challenges to the everyday work place. Low ropes activities engage team members in challenges that involve greater physical effort and emotional energy. These activities take place on cables and other props, situated a few feet off the ground. Balance, mutual support, building trust, control and coaching are necessary to successfully complete these activities.

This outdoor activity is available March through November (weather permitting) and lasts approximately two hours. \$47.60 inclusive per person

THE ART OF TEAMWORK

Working together on pre-drawn canvases, teams will paint colorful prints that combined form beautiful natural murals. The finished works of art can be displayed back in the workplace. Team murals can be completed in as little as 2 hours and are sure to brighten up any wall where they are displayed. Groups can choose from famous works of art to their own company logo. The effects of this colorful festival of paint and people will last long after the final painted canvas has dried.

This indoor activity is available year round and lasts approximately two hours. \$45 inclusive per person for groups less than 10 and \$40 per person for groups greater than 11



NEMACOLIN SURVIVOR SERIES

The scenario for this event is as follows: while traveling, your plane crashed near a lake in the middle nowhere. The nearest civilization is hundreds of miles away. You have no cell phone service and food is limited. A handful of items have been salvaged from the wreck but have been scattered throughout the area. There are only a few items your group has so be careful not to lose them or leave them behind. Teams will need to decide which supplies are most necessary to take with them. The teams will not know the challenge until after the items have been selected. During the challenge is you find that you need something you don't have, you are able to use anything that is NOT man made. The team with the most points at the end wins the Survivor Series.

Spring – Fall Activities:

- Fast Fire
- Target Shooting
- Boat Challenge
- Fishing
- PVC Rescue
- Water WrapUP

This outdoor activity is available all year round and last approximately two hours. \$59.50 inclusive per person

THE HIGH ALTITUDE CHALLENGE

Face your fear; discover how to react to it and how it all relates to the workplace in our High Altitude Challenge. This activity can also be done as a teambuilding event with debriefing on the events from our experienced facilitators.

The following activities are included:

- The 40ft Canopy Tour – Climb atop our 40-foot Ropes Course along with instructors and traverse through 11 different obstacles and 4 zip lines. Teammates are encouraged to support, suggest and challenge each other through each obstacle.
- Fatbird Super Flyer: If the Canopy Tour wasn't enough, experience a true adrenaline rush as you soar down our 1,700 ft. long zip line, a 1,300 ft. zip line concluding with a chair lift ride back to the top!
- The Wall – Come face-to-face with one of the tallest climbing walls on the East Coast and conquer any of the twelve separate routes on your choice of three sides. Verbal support and praise from teammates is highly recommended in this challenge.

This outdoor activity is available March through November and lasts approximately two hours. \$136.85 inclusive per person

RAFTING AND ROPES

An outdoor enthusiasts dream! Climb a top our 20ft Ropes Course, while members of your team are challenged on a variety of different elements ending with a fall from our ropes course zip line. If your group hasn't been tested enough, get ready to take a trip down the Youghiogheny River on a guide escorted raft trip, as your team works together paddling through class III and IV rapids. This program will challenge you both physically and mentally highlighting communication, trust, leadership and most of all teamwork.

This is an outdoor activity that is available May through October and lasts approximately five and a half hours. \$178.50 inclusive per person

BUILD A BOAT

Bring your entire group for one of the most unique events at Nemacolin Woodlands Resort! Once teams are determined, we will provide you with the supplies, which include duct tape, 4X8 sheets of cardboard and garbage bags. You will also have chances to win extra materials. The ultimate goal, build a boat and paddle that will transport two of your team members across our family pool in a race for the quickest time. You will be amazed at how many boats actually make it. A hilarious event that brings out the creativity in everyone!

This is an indoor activity that is available year round and lasts approximately two hours. \$53.55 inclusive per person

BUILD A SLED

The Build a Sled teambuilding event at Nemacolin Woodlands Resort inspires creativity and promises fun! We provide the supplies and you supply the imagination and hard work. We will provide each team with the supplies, which include duct tape, 4X8 sheets of cardboard and garbage bags. You will also have chances to win extra materials. The ultimate goal, build a sled that is sure to be faster than your opponents. Not only do you get to build a sled but you get to decorate your rider! You will be amazed at how fast some of the sleds actually go. A hilarious event that brings out the creativity in everyone!

This is an outdoor activity that is available December through March and lasts approximately two hours. \$53.55 inclusive per person

DIGITAL PHOTO SCAVENGER HUNT

Each team is provided with a digital camera, a map and clues. Teams must decipher the clues as they begin exploring the resort. A variety of clues will require the teams to learn something new about the resort while being asked to take a photo of your team with the clue. Creativity is encouraged. This is a challenge that will take you from one end of our resort to the other. It is a great activity for new guests to learn about the property and a challenge for the loyal guests to test their resort knowledge.

This is an indoor / outdoor activity that is available year round and lasts approximately two hours. \$29.75 inclusive per person

JEEP® BONANZA

Get ready to get dirty with one of our most adventurous team-building activities. The activity will begin with an Instruction Class which will provide an introduction to driving the off-road vehicles. After the introductions course, each participant will get the opportunity to drive the off-road vehicle throughout the miles of wooded trails. There will be hidden stops along the way for group challenge which include anything from archery.

BRONZE – \$575.00 INCLUSIVE PER JEEP

Timeframe: 2 hours

Activities: 3 Teambuilding Initiatives (Bull ring, Giant Puzzle, PVC rescue, Magic Carpet, Pipeline, Snake)

SILVER - \$714.00 INCLUSIVE PER JEEP

Timeframe: 2.5 hours

Activities: Archery, Paintball, Driving Duo, 1 Teambuilding Initiative

GOLD - \$856.80 INCLUSIVE PER JEEP

Timeframe: 3 hours

Activities: Clay Shooting, Target Shooting (choose archery or paintball), Fishing, Floating Green

This is an indoor / outdoor activity that is available year round. Pricing determined by level chosen.



WINTER WACKY OLYMPICS

The events featured here will lead the group to fits of laughter and tons of fun! Events are held outdoors. This is a winter experience sure to be the talk at the water cooler when you get back into the office.

The Winter Wacky Olympics includes the following activities:

- Snow Shoe Relay
- Group Ski
- Snow Tubing Race
- Snowball Toss
- Snowman Building Contest
- Hand Ski
- Tubing Bowling?
- Curling?
- Hockey Shootout?

This is an outdoor activity that is available December through March and lasts approximately two hours. \$41.65 inclusive per person

WACKY OLYMPICS

We believe that a great way to build team camaraderie is through life changing experiences and a little competition! To assist you in strengthening your team, we have developed several activities for your group that mix traditional teambuilding exercises with Nemaacolin's very own Olympic themed games! These activities are designed to illustrate a variety of lessons including cooperation, ethics, communication, teamwork, goal setting, leadership styles and fun! LET THE GAMES BEGIN!

BRONZE PACKAGE - \$41.65 INCLUSIVE PER PERSON

- Skee Ball
- Basketball
- Corn Hole
- Relay Race
- Tug 'O War
- Potato Sack

SILVER PACKAGE - \$47.60 INCLUSIVE PER PERSON

- Three Legged Race
- Potato Sack
- Soccer
- Ultimate Frisbee
- Hockey Shoot
- Tug 'O War
- Water Balloon Volleyball

GOLD PACKAGE - \$53.55 INCLUSIVE PER PERSON

- Sumo Suits
- Bowling
- Water Balloon Volleyball
- Ultimate Frisbee
- Hockey Shoot
- Tug 'O War
- Potato Sack
- Relay Race

This is an outdoor activity that is available year round and lasts approximately two hours. Price dependent on package chosen.