

Heartland Presbyterian Center

Activities Participant Information Sheet

Thank you for choosing a Heartland Adventure during your visit! We want this activity to be a highlight of your stay and to complement your program. We design our programs with you in mind and will tailor the experience to the age and experience of your participants. If you have any questions or concerns about your experience that have not been answered by our staff or through this information, do not hesitate to call.

Below is information for all of our Heartland Adventures. Please be familiar with and share the information contained below for your chosen activity. It is our responsibility to provide a safe and enriching experience but we need you to come prepared as described below.

We look forward to your adventure!

- The Heartland Activity Team

Horseback Riding

Our horse program is designed for beginner to average experienced riders. Trails vary in terrain and will be selected to give the best ride for your group. Our wranglers will give a group orientation before the ride and will accompany the group through the ride. Trail rides are from orientation to end of the ride 1 hour long, lead rides are ½ hour long. We have horses for various riders and our wranglers will work to pair participants with an appropriate horse. Helmets will be provided and must be worn. Riders need to bring closed toed/closed heeled shoes to ride. Participants must be 9 years old for trail rides and 5-9 for lead rides.

GPS Adventures

Our course ranges over 100 acres of wood lands and meadows. The program is designed to offer a fun, team-oriented challenge for any group and will be tailored to the needs of your group. You will enjoy rambling through the woods searching for way-points with our state-of-the-art GPS units! A guaranteed good time for your group! Participants need to be 5-8 years old with 1 adult to 3 kids; 9-13 years old with 1 adult to 4 kids; or 14-18 years old with 1 adult to 8 kids. Everyone will need to wear closed toed and closed heeled shoes and we recommend long pants and sleeves for walking in the woods. If you have the time and inclination, our GPS Adventures can be paired with our Team Challenge course.

Team Challenge/Low Ropes Course

Your group will be challenged to think creatively and as a team as you work together to overcome obstacles and collaborate in unique ways. Team Challenge Adventures average 2-3 hours but can be tailored to be longer or shorter to meet your programmatic needs. You will be able to apply the lessons learned together to many areas of your daily lives. All of our challenges are “Your Challenge, Your Choice” – the participant is always in control of what they participate in and how far they challenge themselves. Participants need to be 5-9 years old with 1 adult to 5 kids or 9 years old & up with 1 adult to 10 kids. Everyone needs to wear closed toed and closed heeled shoes, and we recommend long pants and sleeves for walking in the woods. If raining, we will substitute indoor challenges that will meet the same group goals.

High Challenge/High Ropes Course

Come prepared to be challenged to overcome your fears as you climb around our 40' tower or zip through the air on our 200' zip line! Your trained facilitators will select challenges to meet your group needs. Enough time will be provided for everyone who chooses to participate in at least one element – more if time permits. All of our challenges are “Your Challenge, Your Choice” – the participant is always in control of what they participate in and how far they challenge themselves. Your experience is designed to build self-confidence and awareness, focus on team support, and inclusion. Plus it's just plain fun! Experiences average 2-3 hours in length depending on the size of your group and can be tailored to be longer if necessary. Participants must be at least 10 years old, wear closed toed and heeled shoes. All safety equipment and orientation will be provided when you arrive for your climbs.

**** A health waiver signed by participant (parent/guardian if under 18) must be completed before participation in any Heartland Adventure.***