

ALLEY POND PARK ADVENTURE COURSE



**ADVENTURE COURSE PROGRAMS
for PROFESSIONAL DEVELOPMENT**

Directions to Alley Pond Park Adventure Course

By Car

From Manhattan and Western Queens

Take the Grand Central Parkway to Exit 23. Make a left at the stop sign onto Winchester Boulevard. Immediately make a left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

From Northern or Southern Queens

Take the Cross Island Parkway to Union Turnpike at Exit 28B. Proceed west on Union Turnpike until you reach Winchester Boulevard. Make a right at the traffic light. Pass the large hospital on your right. Immediately make the next left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

From Long Island

Take Grand Central Parkway to Exit 23. Follow signs for Union Turnpike. Make a left on Union Turnpike at the traffic light. Proceed until you reach Winchester Boulevard and make a left at the light. Pass the large hospital building on your right. Immediately make the next left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

By Public Transportation

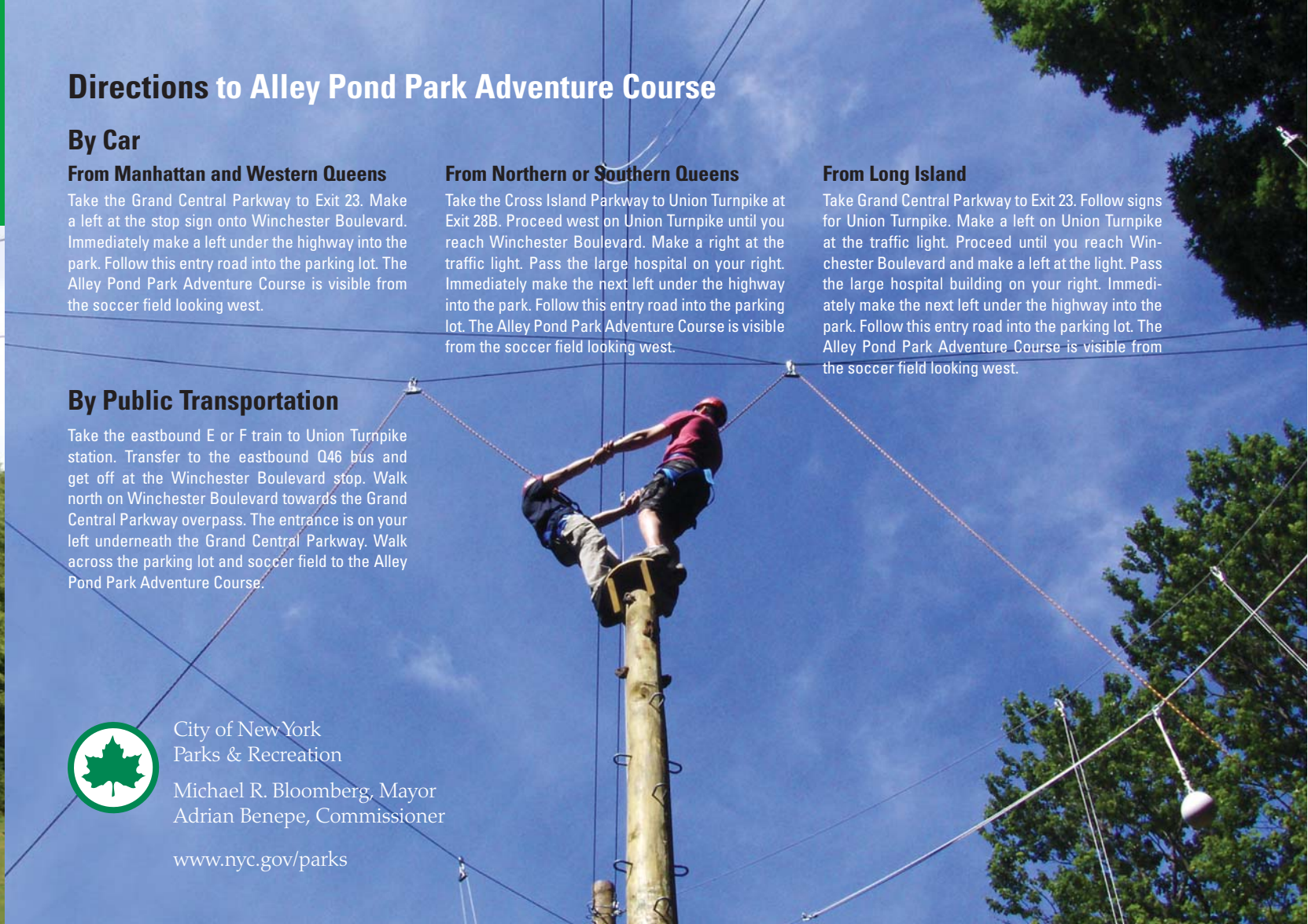
Take the eastbound E or F train to Union Turnpike station. Transfer to the eastbound Q46 bus and get off at the Winchester Boulevard stop. Walk north on Winchester Boulevard towards the Grand Central Parkway overpass. The entrance is on your left underneath the Grand Central Parkway. Walk across the parking lot and soccer field to the Alley Pond Park Adventure Course.



City of New York
Parks & Recreation

Michael R. Bloomberg, Mayor
Adrian Benepe, Commissioner

www.nyc.gov/parks



New York City Department of Parks & Recreation



Dare to succeed ...

Whether you are looking for an effective way to strengthen communication, build rapport and boost morale among your group, or you just need a fun distraction from the day to day routine of the office, our Adventure Course programs can increase the performance of your people and your organization.

The Alley Pond Park Adventure Course

Also called a ropes or challenge course, the Alley Pond Park Adventure Course is an outdoor team-building and group development activity course consisting of high and low ropes elements. Low elements take place on the ground or on cables suspended a few feet above the ground. High elements take place on cables suspended 45 feet in the air, and require a helmet, harness and belay system for safety. The Ropes Course is flexibly designed to accommodate participants of varied abilities and fitness levels. Conveniently located within New York City, the Adventure Course is less than 20 miles from mid-town Manhattan.

Benefits

Adventure Course programs can be tailored to achieve a variety of goals. We speak with each group in advance and then design a program tailored to meet specific objectives, such as:

- Assimilating new members into a group;
- Empowering new managers;
- Developing leaders and leadership styles;
- Improving communication skills;
- Creating a shared vision;
- Identifying and removing barriers to productivity.

Our programs are designed to challenge participants on a variety of levels: emotionally, intellectually and physically, all within a framework of support and safety.



Booking an Alley Pond Park Adventure Program

If you would like more information or are interested in booking a program for your company or organization, please call 311 and ask for the Urban Park Rangers or call the Urban Park Ranger Adventure Center at 718-217-4685 or 718-217-6034. You can also visit our website at www.nyc.gov/parks

Staff

All Adventure Course staff are trained in program implementation and safety techniques by certified trainers and maintain valid CPR and First Aid certification with the American Red Cross.