

Full day Program

9:30	Arrival
10am - 12:30pm	Morning Session – Ice breakers, Initiatives, Low Elements
12:30 – 1:30pm	Break for meal (Meal Provided)
1:30pm – 3:30pm	Afternoon Session – High Elements
3:30pm – 4:00pm	Wrap-up
4:00pm	Departure

What should you bring?

- ◆ Wear loose comfortable clothes – you will be outside and active the entire day, so plan according to the weather. You must wear athletic shoes or sneakers. ***No open toe sandals or flip-flops PLEASE!***
- ◆ Lunch – There are some stores within driving distance but its best if you can stay in the park to make sure we make the most of your day with us.
- ◆ Drink – You will be active and will get thirsty. Water bottles are recommended. No glass containers please.
- ◆ Sunscreen and insect repellent

Other Adventure Course Policies

- ◆ No large earrings or other jewelry.
- ◆ No large belt buckles.
- ◆ ***No smoking*** on the course.
- ◆ Keep off all elements of the course until instructed by facilitator.
- ◆ Use elements only with approved spotters and safety systems.
- ◆ Follow all safety and spotting instructions.
- ◆ Please do not step on the ropes. – ***It damages them and reduces their useful life.***
- ◆ Wear a climbing helmet when climbing on high elements.
- ◆ Remember, we will be following the ***Challenge by Choice*** model – so do your best.

Directions to Alley Pond Adventure Center:

By Car: From Manhattan take the **Grand Central Parkway** east to Exit 23 Cross Island Parkway. As you exit, quickly bear right on the exit ramp and get off at (Winchester Blvd.-Alley Park). At the stop sign, turn left onto Winchester Blvd. Make an immediate left **under the highway-overpass** this is the entrance into the park. You will see two large green banners for Alley Pond Park. The Department of Sanitation is opposite the Park entrance. Follow the entry road to the parking lot. The Adventure Center is across the soccer field next to the playground.

By Car: If you are travelling locally take the **Cross Island Parkway** to Union Turnpike. Head West (turn left) on Union Turnpike for less than a mile. Make a right turn on Winchester Blvd and head north. Make a left **under the highway-overpass** this is the entrance into the park. You will see two large green banners for Alley Pond Park. The Department of Sanitation is opposite the Park entrance. Follow the entry road to the parking lot. The Adventure Center is across the soccer field next to the playground.

Public Transportation: Take the E or F train to the Union Turnpike station. Transfer to the Q46 bus and get off at the Winchester Blvd. stop. Cross the street and walk north on Winchester Blvd, towards the highway overpass- You will see the Alley Pond Tennis Courts on your left side and will walk past the Tennis Court area. Continue north toward the highway overpass and the entrance to the park is on your left **underneath the Grand Central Parkway-overpass** this is the entrance to the park. You will see two large green banners for Alley Pond Park. Follow the entry road to the parking lot. The Adventure Center is a small building across the soccer field next to the playground.