

RECREATION GUIDE

creative group solutions



Basic Recreation
included in your retreat package

Classics
tug of war, relay race and more

Out of the Box
heard of larger than life board games?

Adventure Recreation
team building ideas



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Expertise When You Need It!

Would you like help planning activities for your next event? Contact the Lake Williamson team at 800-500-5922. We'd be glad to point you in the right direction, coach your planning team, and explain how to use our downloadable resources.

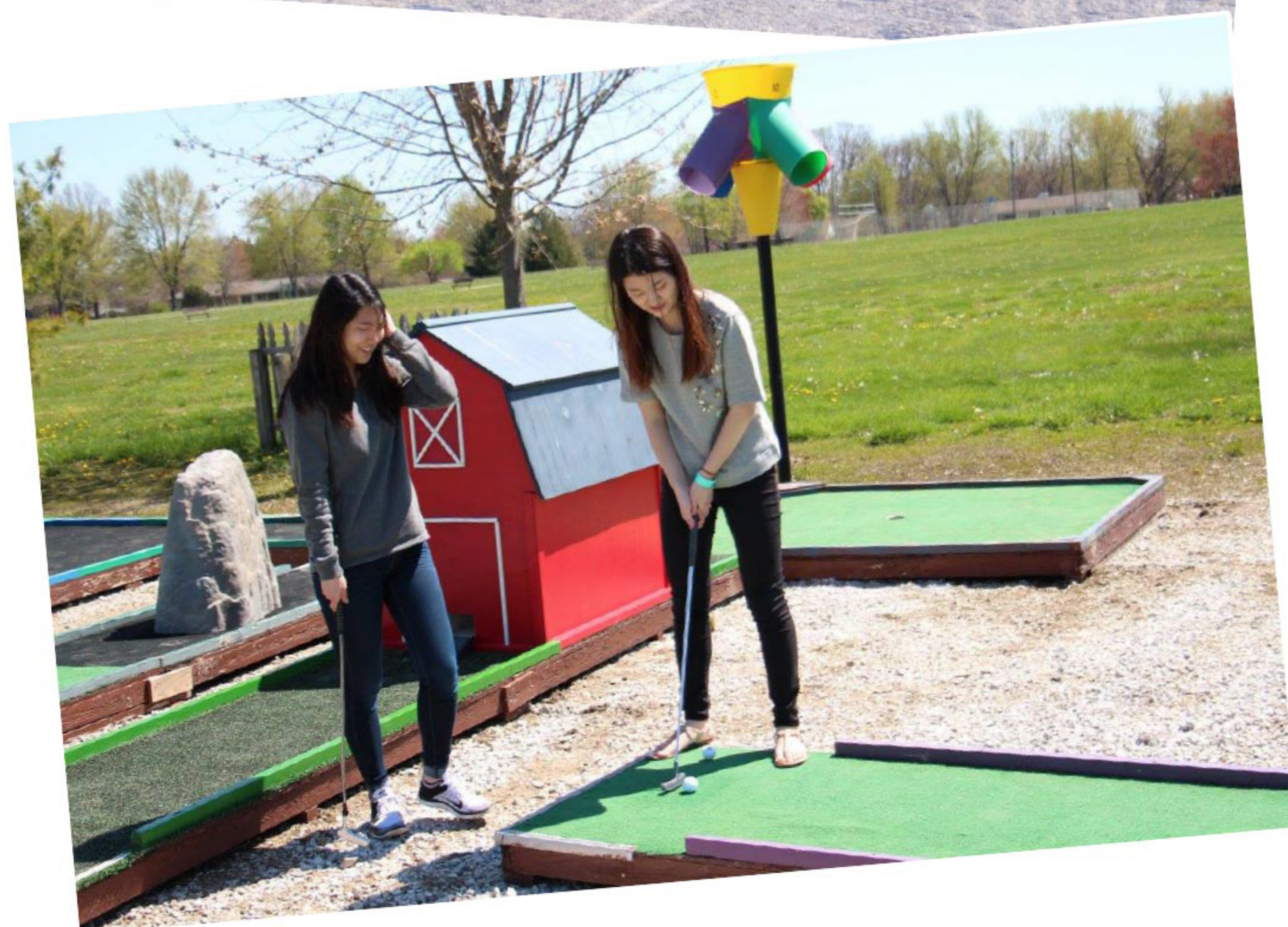
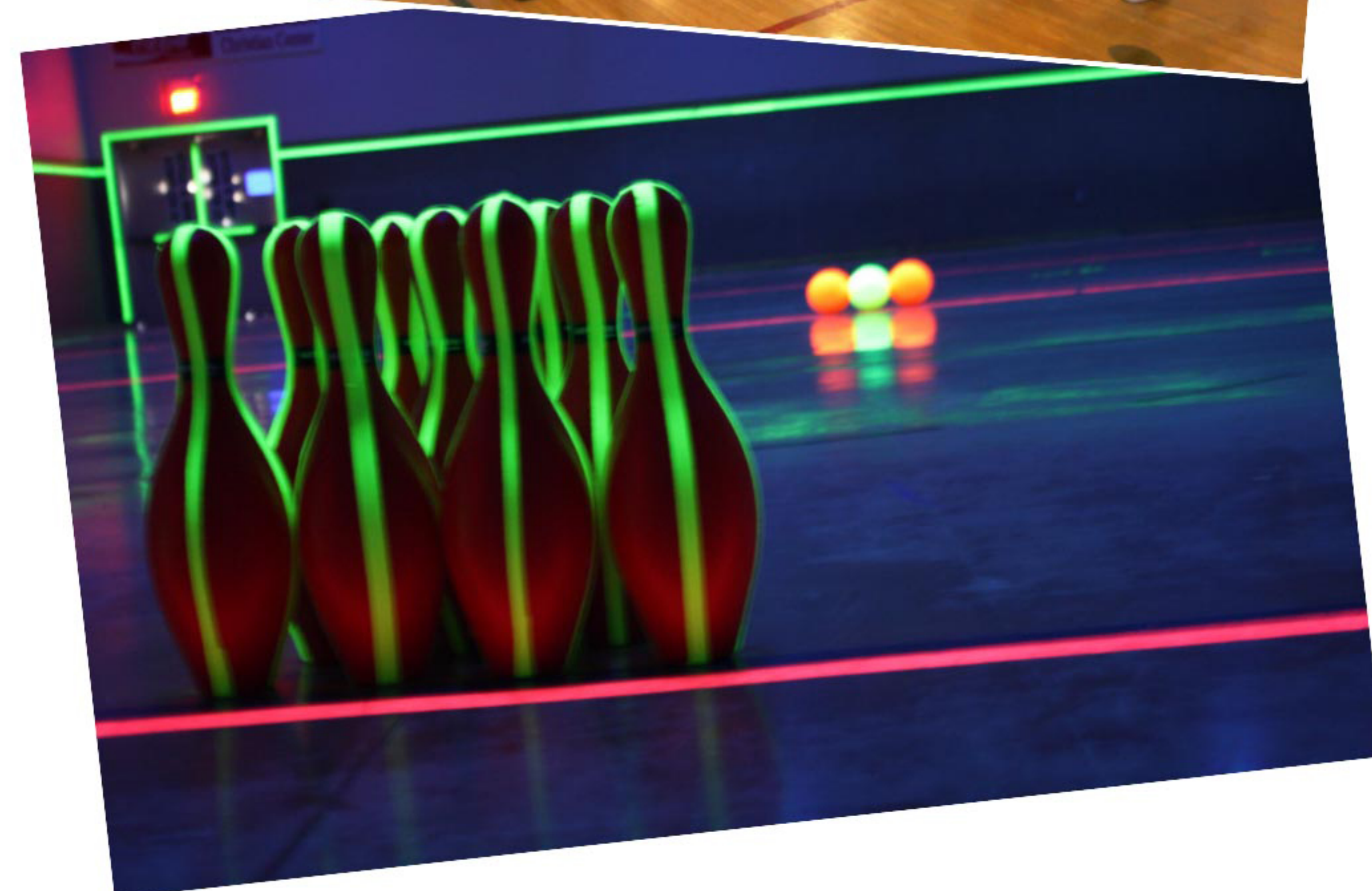
Our team includes the expertise of pastors, event planners, team building consultants, and all around fun people! Tell us about your event at: info@lakewilliamson.org

Recreation Included



Indoor

- Basketball
- Volleyball
- Racquetball
- Wallyball
- Dodgeball
- 9 Square
- Black Light Sports
- Gym Sports
- Billiards
- Table Tennis
- Board Games
- Fitness Center (for guests 18+)



Outdoor

- Sand Volleyball
- Basketball
- Tennis
- Softball
- Football
- Soccer
- Wacky Basketball
- 9 Square
- Gaga Ball
- Multiple Fields for Recreation & Activities
- Obstacle Course
- Mini Golf
- Disc Golf
- Horse Shoes
- Ladder Golf
- Playgrounds
- Hiking
- Hayrides
- Bonfire Sites

Classics & Out of the Box Ideas



Classics

- Full group tug of war
- Obstacle course
- Team relays (three-leg or sack races too!)
- Water balloon piñatas or water balloon toss
- Ring toss (at night, try glow in the dark ring toss!)
- Food eating contests
- Tag (freeze, elbow, or everybody's it)
- Scavenger Hunt
- Capture the Flag



Out of the Box

- Larger than life Twister
- Full scale Angry Birds
- Slip-n-Slide kickball
- Sponge relay with a bowling twist
- Stomp the yard
- Kan Jam
- Archery Tag
- Foam Noodle Games (softball, hockey, quidditch, jousting, tower building, limbo, boats)
- Hose head tag
- Try recreating games from popular movies!



Staffed Recreation



Some recreation options require advanced planning in order to properly staff the activity. There are also activities that require adult supervision; archery, mini golf, disc golf, blacklight sports.

Lifeguards

- Indoor Pool
 - Baby Pool
 - Hot Tub
- Outdoor Pool
 - Diving Board
- Beachfront
 - Paddleboats & Canoes
 - 2 Story Water Slide
 - Child Water Slide
 - Water Zip
- Blob
 - Iceberg
 - Trampoline
 - The Summit
 - Swimming
 - Sand Beach



Belayers

- Climbing Wall
 - Beginner skill level
 - 25-30 feet tall
 - 1-2 climbers
- Climbing Gym
 - Beginner to Intermediate skill levels
 - 35-40 feet tall
 - 2-4 climbers
- Eagle's Flight Zip Line



Outdoor Ideas



Ultimate Frisbee

Ultimate is an exciting, non-contact team sport that mixes the best features of popular sports such as soccer, basketball, and football into an elegantly simple yet fascinating and demanding game.

- 2 teams have goals they are defending
- A point is scored every time a team gets a caught Frisbee past the goal line
- Anyone holding a Frisbee may not walk or move from their location
- Defenders must remain 5 feet away from someone trying to throw a Frisbee
- Defenders may block or intercept thrown Frisbees, but may not come into physical contact with an opponent
- If a Frisbee is dropped, intercepted, or hits the ground uncaught, the defending team gets it at that point
- After a point, the scoring team will throw down field to the other team to begin play
- This game is even better with a rubber chicken!



Scavenger Hunt

There are several variations to this classic. You can have participants split into teams to find and collect objects. You can also have participants grab their camera or cell phone to snap their picture in front of a list of items.

Foam Noodle Fun

The sky is the limit with foam noodles, and we're not talking about pool games. Armed with Internet search and an abundance of foam noodles, you can create unique games that will keep your participants engaged in the activity & creating lasting memories.

- With noodles, duct tape, and black electrical tape allow participants to design their own light saber
- Use a noodle as a horse, and another as a jousting pole to have the tournament of the century
- Noodle horses, balancing noodle poles, or noodle swords are great extras to use in relay races
- Harry Potter Quidditch tournament using noodles, hula hoops, and foam balls
- Torchbearer relay – balance beanbags on top of noodles / great for smaller children
- Noodle Limbo
- Noodle Building – have timed fort/tower building contests
- Noodle Boats – using noodles & duct tape have teams build a boat then test them out at the lake



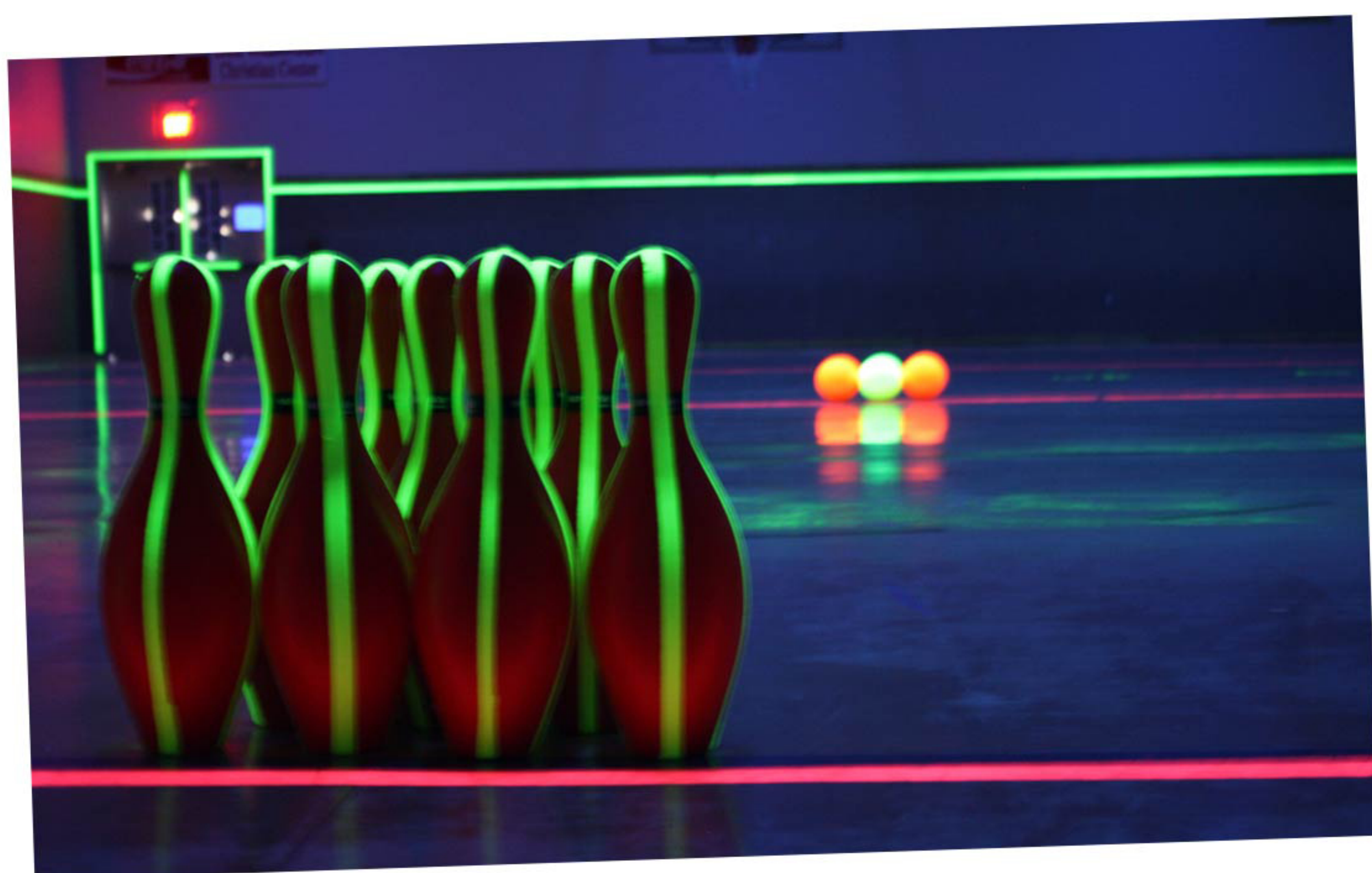
Rainy Day Games



Army, Navy, Hit the Deck

This simple game can be played with large groups in the outdoor fields, or with smaller groups in the gymnasium. With simple instructions, anyone can participate in this activity! This game can be a great time filler if you're running ahead of schedule and need to keep your participants active and engaged.

- Designate an 'Army' side and a 'Navy' side; using cones or an imaginary line
- All players start by lining up on the 'Army' side
- Referee calls out either 'Army' or 'Navy' and all players run to that side, and the last player to cross the line is out
- Referee may call 'Hit the Deck' at any time and the last player to drop to the ground is out
- Referee may call a change in direction at any time (this keeps slower runners in the game and can be a lot of fun to watch as players have to listen for the next direction)
- If referee calls the side the group is already on, any player stepping out across the line is out
- The last player remaining on the field wins (and can become the new referee)



Blacklight Sports

- Dodgeball
- Bombardment
- Bowling
- Capture the Pin or Steal the Bacon

Hula Hoop Relay

This game can be played with a group, no matter the size. Line up two teams face-to-face with teammates holding hands. Start at one end with a hula hoop and teams race to get the hoop to the other end, without releasing hands.

- Large groups will see the 2 teams lined around rooms, parking lots, gyms, etc
- Play some upbeat music to get participants excited
- Add some challenges: if participants break hands then they have to start over or maybe blind fold some participants



- Human Ring Toss
- Twister
- Relay Race or Obstacle Course (using glow-in-the dark or blacklight materials)

Rainy Day Games cont.

Potholder Assault

This reboot of a classic game is quick, easy, and will get your group moving. Potholder Assault is basically Dodgeball, but instead of using playground balls that will destroy drywall, lights, lamps, and Jr. Higher's glasses, you just use good ol' fashioned potholders. The daintier the better. The magic of Potholder Assault is that it's generally safe to play in any room, and because it's relatively close quarters, the game moves quickly. It's a ton of fun, and the necessary equipment can fit in a plastic sack.

Pro Tip: Number your potholders so you know if you're missing any at the end of the game. You'd be surprised how quickly you lose these things when you're flinging them all over the room.



Reverse Charades

We've all played charades a time or two, but if you've got a group of students that don't know each other well, this is a great way to make everyone feel like a part of the group. Instead of having one person act out a clue for the team, the entire team acts out the clue for one guesser. This gets everyone on their feet and acting silly without anyone feeling singled out or on-display.

Pro Tip: It's much more fun when the group works together to act out the clue rather than 10 individuals acting the clue out simultaneously. Choose clues that force everyone to work as a team (e.g.: School Bus, Synchronized Swimming, Football Team)

Noodles of Destiny

The last person standing wins in this pool noodle melee. Cut up foam noodles into 1-inch discs and give one to each player along with a 3-foot noodle. Players place the disc on the back of their hand and use their noodle to knock the discs off other players' hands. When a player's disc is knocked off, they're dead and sit right where their disc fell. The last person with their disc balanced on the back of their hand wins. Depending on the size of your group, this could require a lot of pool noodles. And if you're going to play this in the dead of winter, you might have a hard time finding them in stores, so plan ahead.

Pro Tip: To up the ante, give players 30 seconds before the start of the game to make alliances. This will spice up the game play and introduce an element of strategy (and betrayal).



Toe Tag

This game can be played with 2-200 players, as long as it's an even number of players. Two players stand back to back and on the count of 3, both players turn face to face. They will then engage in a dance-like combat where each person attempts to tag a toe of their partner before one of their toes is tagged.

- Remember you are to tag a toe, NOT stomp
- You can play the best of 3 or 5 rounds
- This activity is by Project Adventure

Eagle Crest Adventures



Barnquest High Ropes

- Open year-round and never rained out
- Take participants as high as 35' off the ground
- 2 levels of obstacles
- Custom tailored programs
- 100% facilitated to provide a fun, safe and beneficial experience.



Group Initiatives on Low Ropes

- Open year-round and can be done indoors
- 30 unique obstacles
- Perfect options for all ages
- Custom tailored programs
- 100% facilitated to provide a fun, safe and beneficial experience.



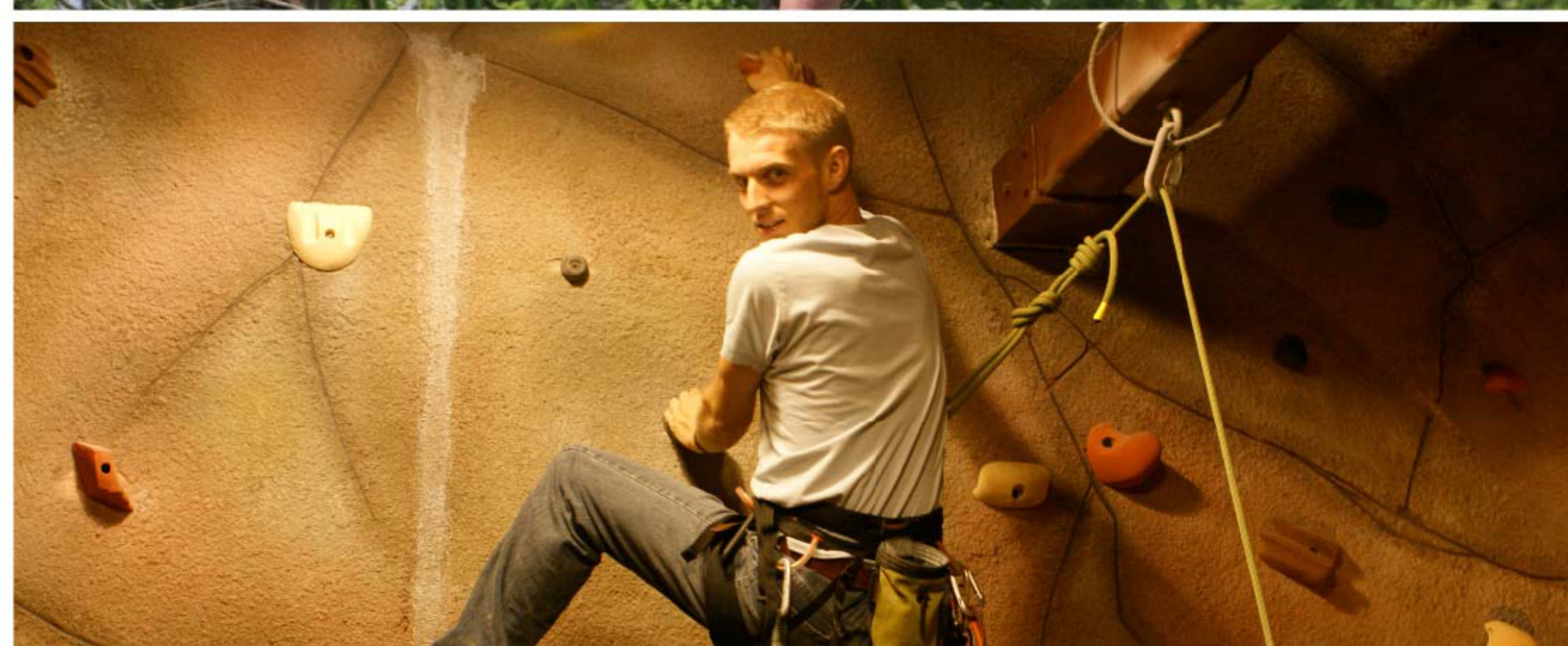
Eagle's Flight Zip Line

- High Ropes finish
- 40' drop
- Fly over 500' at crazy speeds
- One-of-kind view of Lake Williamson
- Can be a true team building experience



Climbing Gym

- Located in the silos of the historic Sears barn
- Offers multiple lines and climbing paths
- Various degrees of difficulty



Escape the Room

- 2 different rooms, each with its own theme
- Teams have 1 hour to solve the puzzles
- Custom tailored programs
- 100% facilitated to provide a fun, safe and beneficial experience.

