

Archery

An excellent test of nerves and concentration. Archery focuses the mind and calms the heart rate

 TIME FRAME	Generally conducted over a 2 hour period, however other time frames can be negotiated depending on your requirements.
 NUMBER OF PARTICIPANTS	20-25
 KEY OUTCOMES	Coping Mechanisms, Awareness of others, Self Control
 SUITABLE AGES	Grade 4-12

WORKS WELL AS PART OF A **ADVENTURE PROGRAM**

THE CHANGE YOU WANT TO SEE
IN THE WORLD LIES WITHIN...

