



(Cell) 084 463 4663

(Fax) 086 502 1262

(Email) info@zenithadventures.co.za

(Website) www.zenithadventures.co.za

## ZENITH ADVENTURES ACTIVITIES LIST

Zenith Adventures offers a variety of activities. We offer full (or part) facilitation/programming for groups. We facilitate completely around each individual client's needs; that is to say that the objective of the camp is our core focus. Some examples are an Eco-Educational Camp, a Leadership Training Camp, A Teambuilding Camp, Life-Orientation Camp etc...

Below is a list of activities that we currently offer. Activities marked as Spiritual can be debriefed in a Christian context, but this is optional.

Activity	Leadership	Teambuilding	Adventure	Just for the Fun of it	Spiritual (Optional for Christian Groups)	Extra Costs
Bungee Run						
Waterballs						
Paintball with Guns						20 balls free, 50c per ball thereafter
Paintball with Catties						5 balls free, 50c per ball thereafter
Blowgun Target Shooting						
Archery						
Stalk-The-Lantern						
Capture-The-Flag						
Hiking						
Night Hikes						
Pap Gooi						
Big Soccer						
Electric Fence						
Spider Web						
Chocolate River						
Free Flow						
Flying Carpet						
Helium Hoops						
Toxic River						
Can Towers						
Marshmallow Towers						
Eggs Can Fly						
Ultimate Frisbee						
Block Towers						
Holey Bucket						
Snow Shoes						

Activity	Leadership	Teambuilding	Adventure	Just for the Fun of it	Spiritual (Optional for Christian Groups)	Extra Costs
Towel Volleyball						
Story Hikes						
C.S.I						
Talent Shows						
Shelter Building						
Potjie Cook-Offs						The cost of the meal
The Last Supper						
Stokbrood						
Sleepouts						
Ice-Breakers						
Arts & Crafts						Quote on Request
Sports						
Tube Polo						
Puzzle Race						
Giant Suduko						
Puzzle Power						
Claymation						
Frisbee Golf						
Inflatable Slip n Slide						
Stretcher Race						
Boating						
Comedy Night						
Giant Holey Pipes						
Plank Pass						
Bucket Pass						
The Pursuit of the Cross						

# Zenith Adventures Activities Descriptions

Below is a description of each of the activities listed above

Activity	Description
Bungee Run	A horizontal version of a bungee jump, where the camper runs on an inflatable track to collect various objects whilst fighting the resistance of a bungee chord pulling them backwards
Waterballs	Large inflatable balls that allow you to run on water, similar to a hamster in a wheel.
Paintball	Done with either guns or catties. Players shoot each other, or targets with balls filled bio-degradable paint. These balls explode on impact leaving a paint mark. Full safety equipment with overalls supplied.
Blowgun Target Shooting	Guns that shoot darts at a target. These guns are powered by sheer lung-power.
Archery	Shooting targets with a bow and arrow.
Stalk-The-Lantern	Played at night, campers need to locate a hidden lantern and stalk it without getting caught
Capture-The-Flag	Each team hides their flag. Some team members seek other team's flags and some defend their team's flag.
Hiking	Done during the day. Hikes are set at different levels depending on the site, age group and programme design. Hikes are taken through the wilderness, the facilitator also provides some ecological education
Night Hikes	Hikes done at night. On clear nights, star-gazing can be done and campers can learn more about the stars and the milkyway
Pap Gooi	Campers throw coloured pap at each other. The intention is to get as much of your colour pap on the others and as little pap as possible on yourself.
Big Soccer	Soccer played with a giant soccer ball
Electric Fence	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Spider Web	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Chocolate River	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Free Flow	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Flying Carpet	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Helium Hoops	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.

Activity	Description
Toxic River	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Can Towers	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Marshmallow Towers	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Eggs Can Fly	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Ultimate Frisbee	A game made of a mixture between fribee, rugby and netball
Block Towers	Promotes teamwork and leadership development. Can be used to identify leadership within a small or large group. It promotes teamwork, communication and planning.
Holey Bucket	Teams need to try fill there holey bucket with water. The team who's bucket overflows first is the winning team.
Snow Shoes	5 team members need to stand on 2 X 2m long planks, and by holding the ropes need to race around a set course
Towel Volleyball	With 1 towel between 2 players, team members have to play volleyball by the real volley ball rules
Story Hikes	Generally done at night, campers are given parts of a story and need to run around the whole site from station to station trying to solve the story
Talent Shows	Teams create a song, dance or play and present these at a talent show, normally done at night
Shelter Building	With a few raw materials, teams need to build their own shelters, and then weather depending, they need to sleep in their shelters over night
Potjie Cook-Offs	Teams are given a potjie pot and few ingredients and the challenge is set to see which team creates the most divine potjie. We also have flat potjie pots which are excellent for making bread to accompany their potjies.
The Last Supper	Set as in biblical times, teams enjoy a "Last Supper"
Stokbrood	Teams are givene a packet of dry ingredients, it is up to them to add the right amount of water, knead the dough and twirl it around a stick to be backed over the camp fire
Sleepouts	Sleeping out under the stars on a mattress and with their sleeping bags.
Ice-Breakers	Zenith Adventures has a variety of different ice-breakers that are fun, hilarious and definitely "break-the-ice"
Arts & Crafts	Zenith Adventures has a variety of different arts and crafts that can be done with groups deising to get creative on camp.
Sports	Zenith Adventures has an assortment of different sports equipment that can be used on any camp

Activity	Description
Tube Polo	Each team is given 4 tubes that float in the swimming pool. There are goals at either side of the pool, and using the tubes, teams need to get the ball into their goal. Only played in summer and if the weather permits
Puzzle Race	Teams race against each other and the clock to complete a puzzle. There are many fun obstacles and challenges in the way of completing the puzzle
Giant Suduko	A 1.5m X 1.5m Suduko board. Teams each get their own Suduko board and race against each other starting at an easy puzzle and completing at a hard puzzle. Lots of fun to be had!
Puzzle Power Hour	An hour jam-packed with a variety of different puzzles. Teams go against each other, the team that completes the most puzzles correctly, wins the hour.
Claymation	Using clay, teams put together a short story making clay characters and sets. This is then shot and screened
Frisbee Golf	9 hoops are set about the site, using a frisbee, teams go against each other trying to get the frisbee through all the hoops. The team that completes with the least number of shots, wins
Inflatable Slip n Slide	We have an inflatable slide n slide. We also have loads of games that can be played on this inflaitable.
Stretcher Race	In teams build the stretcher from the materials provided and run the race.
Boating	Inflatable boat race or leisure.
Comedy Night	Similar to the popular TV show "Whose Line is it anyways"
Giant Holey Pipes	As a team, use the large pipe provided to move a large quantity of water.
Plank Pass	Move from A to B using the planks provided. A nice combination of team work, leadership and strategy
Bucket Pass	Pass the bucket of water. Sounds simple, but it's not and participants are guaranteed to get wet.
The Pursuit of the Cross	6 Stations that involve activities and discussion to cause one to greatly think about their life and their walk with God.
Bungi Run	An inflatable tunnel with a bungi cord strapped to your harness. The objective is to run as fast as you can to collect the balls before your cord pulls you back