

TEEN RANCH



Dear Sir/Madam,

Enclosed please find the information regarding Teen Ranch and the services we can offer to you and your class.

Teen Ranch is a not-for-profit, inter-denominational, Christian Sports and Retreat Facility founded in 1967. Specializing in horses, outdoor adventure, and hockey programs. During the non-summer months, we host school groups, hockey teams, corporate meetings and retreat groups of various kinds. We have been offering summer camp programs and year round retreat opportunities for over forty-five years.

Teen Ranch offers a chance for your class to develop stronger relationships and the opportunity to learn new skills as they are challenged in a safe and encouraging environment.

This package provides information regarding our school program, which may be altered in order to meet the individual needs of your class.

We would be pleased to host your group. If you have any questions please don't hesitate to call (519) 941-4501 or visit www.teenranch.on.ca

We thank-you for your time and consideration and look forward to assisting you in any way we can.

Building tomorrow's leaders with you,



Tim Stevens
Executive Director

What do we have to offer?

Our Program

We understand that your lives are busy, and we are here to help you - whether you run your own program in our stimulating environment, or have us take the lead by facilitating the program during your stay with us.



Our program offers opportunities to develop leadership and teamwork skills which we believe are key components of developing individuals into successful contributors to society.

Whether you are looking for a facility where you can bring a group for team bonding, accomplish curricular goals, reward them, or simply give them an experience that they will remember for a life time, Teen Ranch is happy to accommodate with varying options of either self or Teen Ranch facilitated programs.

We believe that each school and each class is different, and instead of offering you a cut and paste program, it is our desire to build a program that is right for you. We hope to accomplish this by speaking with your trip organizer and working alongside them to put together a program that uses the activities you want and focuses on the goals you wish to achieve.

At Teen Ranch we offer guests the opportunity to try new things, participate in enjoyable activities, and to step outside their comfort zone. Through this program, we strive to provide participants with the opportunity to learn valuable lessons about themselves and those around them. We offer the opportunity to grow not only as a leader, but also as a team, a class, or organization. We hope you will take advantage of it!

Accommodations



Bunkhouse:

Our six bunkhouses are winterized, and each one is equipped with an indoor washroom (hot and cold running water, shower, sink, toilet and mirrors). The sleeping capacities range from eight-eleven people per bunkhouse. People enjoy the social and bonding atmosphere that goes along with sleeping in our comfortable bunkhouses.

Total accommodation in bunkhouses: 53 people

Coach House – Main Floor:

These four rooms each accommodate eight guests in over-size bunks with four smaller side rooms accommodating two guests each. Rooms on the ground floor will provide comfortable and cozy quarters for an additional twenty guests. Two rooms share an adjoining washroom. Total accommodation: 66 people



Carriage House:

This is our newest building that just opened late 2012. With a touch of log cabin, western feel and all the modern amenities, this building is for you! Sit by the huge stone fireplace and enjoy the views and hand crafted wood beams. The main floor has four rooms that accommodate up to eight guests per room. Oversized bunk-beds with a bathroom in each room. The lower level has four rooms that accommodate



up to six guests per room. There are also two small rooms that sleep up to two guests per room and one additional handicap accessible room. Total accommodation on main floor: 58 people

****To see more photos of the facilities visit <http://teenranch.com/facilities>**

Food Service

We strive for excellence in all areas of food service. From a warm and charming dining room to friendly and efficient staff, the food service department continues the model each department strives for, excellence.

Be assured that our guests are served nutritious, delicious and aesthetically pleasing meals. Menus have been approved by a registered dietician and provide a wonderful variety.

Although Teen Ranch does not claim to be a nut free environment, precautions will be taken to help ensure the safety of our guests with allergies and other special dietary restrictions. Here's a look at a sample of foods commonly available on our menu:

Breakfast

Every Breakfast starts with a variety of cold and hot cereal, milk and orange juice.

Examples:

- A toast station and fresh fruit are also available
- A hot meal follows
- Bacon, scrambled eggs, home fries, English muffins
- Pancakes and sausages
- French toast with fresh fruit
- Ham, egg and cheese breakfast sandwiches
- Waffles with berries and whip cream

Lunch

Each lunch meal is followed by a delicious homemade dessert

Examples:

- Pasta with a variety of sauces i.e. homemade meat sauce, Alfredo, marinara, "mac and cheese" etc. Served with tossed or Caesar salad
- Chicken Quesadillas with lettuce and all the fixings
- Homemade soup and sandwiches with a variety of meats and cheese
- Hot Chicken Sandwiches with fries and salad
- Outdoor BBQ (weather and schedule permitting)

Dinner

Served with Rolls and butter and again followed by a delicious dessert

Examples:




- Roast Beef, Roast potatoes, 2 veggies, gravy
- Seasoned, Boneless chicken breasts with rice and two veggies
- Lasagna and Caesar Salad
- BBQ Ribs with baked potato and veggies
- Pork tenderloin with mashed potatoes and veggies.

Activities

Our 150 acre facility allows many program opportunities. Our activities may be used for as a training tool for various aspects of leadership development and team building. Including elements such as trust, communication, problem solving, adaptation and self-awareness or they may be used simply for sheer enjoyment.




- 1) **All Group "A" Activities** are the responsibility of the teachers & Teen Ranch Host to organize and set-up. Teen Ranch will ensure activity is set up and instructions given on how to run.
- 2) **All Group "B" Activities** are run by trained Teen Ranch Staff.

Group "A" Activities

Activity	Maximum Participants	Availability		
				
Ball Hockey	20	Blue	Blue	Black
Basketball	Any	Blue	Blue	Black
Boating	10	Blue	Blue	Black
Broomball	20	Blue	Blue	Blue
Camp Games	Any	Blue	Blue	Blue
Capture the Flag	Any	Blue	Blue	Blue
Campfire Experience (roasting food options included)	Any	Blue	Blue	Blue
Flag Football	Any	Blue	Blue	Blue
Frisbee Golf	20	Blue	Blue	Black
Hiking	Any	Blue	Blue	Blue
Indoor Ice Rink *	200	Blue	Blue	Blue
Initiative Games/Activities	20	Blue	Blue	Blue
Map Orienteering	60	Blue	Blue	Blue
Pond Skating (outdoor rink)	60	Black	Black	Blue
Scavenger Hunt	Any	Blue	Blue	Blue
Soccer	Any	Blue	Blue	Blue
Tennis	20	Blue	Blue	Black
Tubing Hill	20	Black	Black	Blue
Ultimate Frisbee	Any	Blue	Blue	Blue
Volleyball	10	Blue	Blue	Black
Wilderness Survival Pt. 1 (Shelter Building)	Any	Blue	Blue	Blue
Wilderness Survival Pt. 2 (Fire Building)	Any	Blue	Blue	Black

** Ice Rink has extra cost but is discounted*

Group "B" Activities

Activity	Maximum Participants/Activity Group	Availability		
				
Archery	10			
Bouldering Wall	10			
Climbing Wall *	10			
Cross Country Skiing	20			
Equine Safety & Grooming Techniques	20			
Giant Swing *	12			
Hay Rides	20			
Initiative Games/Activities	20			
Instincts for Survival Game	ask for details			
Marksmanship Range	20			
Quinzhee Building	40			
Snow Shoeing	20			
T-Shirt Making	\$7/person. Advance Notice Required.			
Trail Ride *	20			
Life lessons learned from the Horses**				

*Please be advised that Giant Swing, Trail Rides and Climbing Wall have a 250lb weight limit.

**Very inspiring and Practical Workshops- Extra Cost- \$100/session

Life lessons learned from the Horses: Challenging young leaders to set life goals, navigate through the voices and pressures of today's culture: media, peers and digital distraction. Choose from four inspiring talks, using illustrations from training horses. Topic outlines available.

****Either 1 trail ride or 1 hour of ice is included free in the standard package.**

Sample Packages

We offer single as well as multi-day ventures. Please note that we are willing to customize a package in order to suit your individual needs. Here is an example of what we can offer:

Teen Ranch Facilitated Extended Day Venture Features:

- ❖ Lunch and snack
- ❖ Coffee, tea, water – available all day
- ❖ Use of meeting room (see below for descriptions)
- ❖ 1 free trail ride OR 1 hour of ice
- ❖ Use of facilities
- ❖ Debrief

Teen Ranch Facilitated Extended Day Venture Example:
(Please see next page)



Time	Activity
11:00am	Welcome/Orientation- opening activities
12:00pm	Lunch
1:00pm	Activity 1- Skating
2:00pm	Activity 2- Giant Swing
3:00pm	Activity 3- Initiative Games
4:00pm	Debrief & Snack
4:50pm	Departure

Prices

Please note that prices are for the Teen Ranch facilitated program, if you would like to run your own self facilitated program, we welcome you to do so, and are willing to give the package to you at a reduced rate.

All prices are on a per person basis- HST not included

Type of Venture	Day	Overnight	
Extended Day	\$35.00/person	<i>Bunkhouses</i>	<i>Carriage/Coach House</i>
Two Day Venture (two days and one night)		\$109.00/person	\$130.00/person
Three Day Venture (three days and two nights)		\$165.00/person	\$205.00/person
Four Day Venture (four days and three nights)		\$231.00/person	\$280.00/person
Entire Week (five days and four nights)		\$290.00/person	\$367.00/person

Thank-you for your interest in our program. We are committed to providing excellence in safety, people, programs, and facilities. Please feel free to visit us anytime or call us at (519) 941-4501. Our Booking Coordinator will be happy to discuss and bookings/questions you may have.

Email: registrar@teenranch.on.ca

Phone: (519) 941-4501

Teen Ranch is a Inter-denominational Christian Sports Camp and Retreat Centre invested in the positive development of our guests

Aiming Higher for over 40 years!