

# Archery

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

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

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

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

