



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WORK, REST & PLAY

## YMCA CAMP CRISTINA

Leadership, Team Building and Event Catalog





# WELCOME TO CAMP CRISTINA

YMCA Camp Cristina is located in Riverview, Florida just 25 minutes from downtown Tampa. Nestled on 65 acres of woods and wetlands, Camp Cristina is the ultimate location for your team to work, rest and play.



# Welcome to our Team Building and Development Program!

Building a strong and effective team is essential for achieving success in any organization. Teams that work cohesively and collaboratively are known to be more productive and effective than those that work independently. With our Team Building and Development Program, we aim to help your team grow and develop the necessary skills to work together, communicate effectively and achieve your shared goals.

Led by experienced facilitators, your team will go through various engaging activities and workshops that will enhance collaboration, creativity and problem-solving skills while also building trust and fostering stronger relationships among team members.

## Benefits of Team Building and Development:

- **Better Communication:** improves interpersonal relationships and breaks down communication barriers, leading to improved performance as a team.
- **Boosts Morale:** helps boost morale and foster a sense of camaraderie and inclusion within the team, increasing overall team spirit and motivation to achieve shared goals.
- **Increased Trust:** team members can develop a deeper level of trust and respect for each other, creating a more cohesive working environment and increasing the overall effectiveness of the team.
- **Improved Problem-Solving Skills:** helps in developing critical thinking and problem-solving skills. This can be extremely valuable in a work setting where teams are often required to solve complex challenges.
- **Enhanced Creativity and Innovation:** stimulates creativity and innovation by fostering an environment where teams feel free to express their ideas and thoughts, leading to new ways of working and higher levels of productivity.
- **Greater Accountability:** develops a stronger sense of accountability, leading to higher levels of commitment and ownership towards meeting shared objectives and improving productivity and performance with better results overall.

**Join us for a transformative experience that will take your team to the next level!**



# CHOOSE YOUR OWN ADVENTURE

One-size doesn't fit all, so we offer the flexibility for you to build your own schedule based on your team's needs and preferences. Our experts are here to guide you through the process of creating a tailored program, making sure that you get the most from your time with us.

From half-day workshops to multi-day retreats, local businesses to Fortune 500 companies, our beautiful campus has everything you need to make your time at Camp Cristina a success. With a range of activities and meeting spaces, we're here to help you build a stronger, more cohesive team that's ready to take on any challenge.

**What are you waiting for? Contact us today and start building the perfect schedule for your team!**

## Sample Day Schedules

<b>Corporate Retreat</b>	
9-11am	Meeting Space
11am-12:30pm	Team Development by Camp Cristina
12:30-1:30pm	Group Lunch
1:30pm	Depart

<b>School Day Trip</b>			
	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
9am	Group Games	Group Games	Group Games
9:30am	Activity 1	Activity 2	Activity 3
10:20am	Activity 2	Activity 3	Activity 1
11:10am	Activity 3	Activity 1	Activity 2
12pm	Lunch	Lunch	Lunch
1pm	Depart	Depart	Depart



# TEAM DEVELOPMENT

## Group Games

Run, jump and play your way through a variety of activities that will break the ice and get your team talking! Help a new group learn names, establish themes and goals for your day or simply shake off the journey here before beginning your Adventure. All activities can be adapted to meet your group's specific needs.

(Group games can also be used as an alternative to team building for younger groups, or for groups with participants with limited mobility. Our group facilitators are able to make these games a challenge for all ages.)

### Cost:

\$100 per session

### Ages & Group Size:

All ages and mobilities;  
maximum of 30 people per group



## Low Adventure

Groups will navigate a series of obstacles set low to the ground. These challenging activities require teamwork, communication and problem-solving skills to successfully navigate the course. This is a great way for people to build trust, improve communication and enhance their problem-solving abilities. All activities can be adapted to meet your group's specific needs.

### Cost:

\$120 per session

### Ages & Group Size:

13 and older; maximum of 20 people per group

(Activities involve close contact with other participants and standing on unstable surfaces 6 to 20 inches off the floor)





# HIGH ADVENTURE

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## Climbing Wall

Rock Climbing is a perfectly blended activity that is both challenging and rewarding. Participants are required to use physical strength and a little mental grit. With the help of our instructors you will be able to push yourself to new heights (literally).

**Cost:**

\$125 per session

**Ages & Group Size:**

2nd grade and up; maximum of 30 people per session



## Zip Line

Looking for an adventure that will take your breath away? Look no further, as we present to you our zipline experience! Our 250-foot long course offers a bird's-eye view of Camp Cristina. The zipline is a perfect mix of speed, height and thrill for your group. We promise you an unforgettable experience.

Our trained instructors ensure that your safety is our top priority, giving you the freedom to soar through the sky with ease.

**Cost:**

\$200 per session

**Ages & Group Size:**

2nd grade and up; maximum of 50 people per session





# HIGH ADVENTURE

## Challenge Course

The Challenge Course allows groups to explore trust and communication in a very different way. Participants will walk across steel cables, move between platforms and negotiate elements as they overcome doubt and develop self-confidence. At 35 feet in the air, this activity requires both physical and mental exertion.

**Cost:**

\$250 per session

**Ages & Group Size:**

6th grade and up; maximum of 16 people per session

(The challenge course is a physically challenging activity that involves walking on unstable surfaces up to 35 feet in the air.)



## Leap of Faith

Climb 35 feet into the air, then soar down 250 feet of zipline through our scenic woodlands. This is a great and exhilarating way to enjoy the natural beauty of camp.

**Cost:**

\$300 per session

**Ages & Group Size:**

6th grade and up; maximum of 12 people per session





# HIGH ADVENTURE

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## Giants Ladder

Work with a partner to climb our giants ladder. This physically demanding climb is almost impossible alone but as a team working together you will be able to do the impossible.

(This challenge course element is physical demanding and may not be suitable for people with limited mobility or health concerns)

**Cost:**

\$125 per session

**Ages & Group Size:**

2nd grade and up; maximum of 30 people per session



# WATERFRONT

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## Canoe & Kayaking

(Available April–October)

Share a boat with a few of your friends as you paddle on our private lake. Learn the basic strokes of canoeing and improve team work as you and a partner navigate the waters together.

**Cost:**

\$200 per session

**Ages & Group Size:**

All ages. 4th grade and under require having an adult in each canoe; maximum of 30 people per group.

The lake is at a satellite location and requires transportation by bus. This is approximately 10 minutes away, including loading and unloading time. The waterfront programs are guarded by Red Cross certified life guards provided by the YMCA. Life guards and transportation are included in the fee.





# CAMP FAVORITE

## Tie Dye T-Shirts

Take home a handmade souvenir designed with your own creativity. Each participant will tie dye their own YMCA Camp Cristina t-shirt—a perfect memento!

**Cost:**

\$10/person per session (includes one t-shirt)

**Ages & Group Size:**

All ages; maximum of 30 people per session



## Archery

Learn one of the world’s oldest sports: archery! Our staff will guide you and your group through basic archery skills, then you can practice and improve your aim by shooting at targets.

**Cost:**

\$125 per session

**Ages & Group Size:**

All ages; maximum of 20 people per session



## Cristina Smores

No debate here—the perfectly toasted marshmallow should be a golden brown color with a gooey center. But Cristina Smores take it to a whole new level. Gone are the graham crackers and cheap chocolate. Here we smores it between soft-baked cookies so every bite is the perfect blend of crunch, chocolate and marshmallow.

**Cost:**

\$250 per session

**Ages & Group Size:**

6th grade and up; maximum of 16 people per session



# CAMP FAVORITE

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## The Play Pen

Welcome to the Play Pen where Fun fill play awaits. Situated in the shaded center of camp the play pen includes a versatile covered outdoor space with convenient access to bathroom facilities. The play pen contains three classic camp games, Nine Square, Human Foosball and everyone's favorite Gaga Ball. The area is available for full and half day rentals. Our experienced YMCA staff will be on hand to provide expert instruction and officiating, ensuring a safe and enjoyable experience for everyone.

Games are available for rental as stand alone activities upon request.

### Cost:

\$400 full day | \$200 half day

### Amenities:

Bathroom access



# CAMP FAVORITE

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## Gaga Ball

Gaga ball is a perennial camp classic. It is a fast-paced, dodgeball type game played in an enclosed area with a single ball. Players can only hit the ball along the ground with their hands and try to eliminate other players by hitting them below the knee with the ball. The last player standing wins the game. Our staff will teach and facilitate this game that only takes seconds to learn.



## 9 Square in the Air

9 Square in the Air is a volleyball type game and one of the most popular at camp. Play below nine interconnected squares, players use their hands to stop the ball from hitting the ground after it comes through their square. If the ball hits the ground, you're out and another player takes your place. There are no winners or losers in this continuous game, only who can stay the longest before the ball lands at their feet. Our staff will teach and facilitate the game.



## Human Foosball

Human Foosball (or human table football) is a game that mimics foosball using real-life players, you! Players are restricted to side-to-side movements and can only face forward. Teams need to work together to move and pass in unison to score. This fun, interactive group activity promotes teamwork, coordination and agility.



# ENVIRONMENTAL EDUCATION

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## Orienteering

Learn how to use a compass to complete Camp Cristina's Orienteering Adventure! Participants will learn orienteering basics, play games and explore our campus using our orienteering course.

**Cost:**

\$125 per session

**Ages & Group Size:**

All ages; maximum of 30 people per session



## Nature Hike: COMING SOON!

Explore the diversity of Florida wild life with our self-guided Nature Hike. Discover native plants and animals while seeing the negative impact invasive species can have on our landscape.

**Cost:**

\$10 per group

**Ages & Group Size:**

All ages; This activity is self-guided and not facilitated by the YMCA Staff. Groups under 18 years old must be accompanied by an adult.





# EQUINE ACTIVITY

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## Fun with Horses

Horses are social creatures, just like us, so make the horses at our Equestrian Center a part of your visit and have some fun! Participants will learn about basic equine behavior and anatomy, basic leading tack and its uses and how to safely mount and dismount a horse. Participants will ride on lead rope around our facility.

**Cost:**

\$300 per session

**Ages & Group Size:**

3rd grade and up; maximum of 10 people per session



## Equine Encounter

Working with Horses is fun, but must be introduced safely in order to ensure connection, understanding and a positive experience. In this encounter participants will learn about horse behavior and anatomy, about horse tack and how to safely mount and dismount a horse. Each participant will be able to mount and sit on a horse, with an opportunity to have their picture taken.

**Cost:**

\$250 for a 90 minute session

**Ages & Group Size:**

2nd grade and up; minimum of 4 per session with a maximum of 6 per session



WARNING: UNDER FLORIDA LAW, AN EQUINE ACTIVITY SPONSOR OR EQUINE PROFESSIONAL IS NOT LIABLE FOR AN INJURY TO OR THE DEATH OF, A PARTICIPANT IN EQUINE ACTIVITIES RESULTING FROM THE INHERENT RISKS OF EQUINE ACTIVITIES.

# CAMP FAVORITE

## Camp Rules Kickball

Get ready to bring your corporate or group retreat to life with our Camp Kickball experience! It's not just a game; it's an adventure in teamwork and fun, tailored towards groups looking for a unique way to bring their team together. It's your childhood favorite, re-imagined! We've taken the classic game of kickball and given it a twist with a giant kickball and rules redesigned for maximum enjoyment, inclusivity, and friendly competition.

We can even provide the officials to keep it friendly.

**Cost:**

starts at \$125 per session, but varies according to group size and needs. Inquire for details.

**Ages & Group Size:**

All ages; minimum of 20 people per session



## Scavenger Hunt

Who lives under the bridge? What treasure is the dragon keeping? This scavenger hunt will guide you around the campgrounds. Can be conducted as a low-key exploration of our beautiful property, or as a "high stakes" race between teams.

**Cost:**

Varies depending on group size and activities included.

**Ages & Group Size:**

2nd grade and up. Groups under the age of 18 must remain accompanied by a group leader at all times. Groups under 18 are unable to participate in the race format.





# FACILITY RENTALS

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## Classroom Spaces

Our classrooms will provide the perfect backdrop to brainstorm with colleagues, hold productive training sessions or host company offsites. All our meeting spaces are a short walk from our trails and outdoor spaces allowing you to move outside to remain focused and creative. With three seating options and audio/visual equipment, your next meeting's success is almost guaranteed.

### Loggerhead Room (large)

**Cost:** \$400, full day | \$250, half day  
**Seating & Group Size:** 60 participants

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### Manatee Room (medium)

**Cost:** \$400, full day | \$250, half day  
**Seating & Group Size:** 45 participants

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### Nature Lodge (small)

**Cost:** \$400, full day | \$250, half day  
**Seating & Group Size:** 20 participants

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## North Pavilion

Are you planning a graduation party, family reunion, company picnic, bridal shower, church picnic, birthday party or scout event? Our pavilion has 34 picnic tables that seats up to 240 people, PLUS access to refrigerators.

The North Pavilion is in close proximity to our common use games area, featuring Gaga Ball, 9-square and Human Foosball.

**Cost:**

\$400, full day | \$200, half day

**Amenities:**

Electrical outlets, PA System, access to refrigerators and storage

## Play Pen

See page 10 for details.

**NOTE: All activity and rental pricing subject to change**

# FACILITY RENTALS

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## Chapel

**Cost:** \$400, full day | \$250, half day

**Amenities:** 1200sqft (50ft x 24ft)

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## Amphitheater

Our Amphitheater is a large outdoor meeting space with rustic seating and stage. The theater has 50 wooden benches that sit between 6–8 adults each. The stage has electricity and the ability to connect to the area’s speaker system.

**Cost:**

\$400, full day | \$250, half day

**Amenities:**

Capacity 260–360 people, electrical outlets, integrated sound system with Bluetooth connectivity.

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## Playing Fields

Both large playing fields are available for rent for sports or large group events.

**Cost:**

\$900, full day | \$500, half day

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## Basketball Courts

Court plus two rooms & single playing fields.

**Cost:**

\$1600, full day | \$900, half day

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## Pool

Our 25-meter outdoor, heated pool is available year round with certified lifeguards keeping you and your group safe. Pool activities must be booked 60 days in advance.

Must abide by our swim test/life jacket policy.

**Cost:**

\$200 for a 90 minute session

**Ages & Group Size:**

All ages; maximum of 75 people per session

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**NOTE:** All rental groups are subject to a facility usage fee

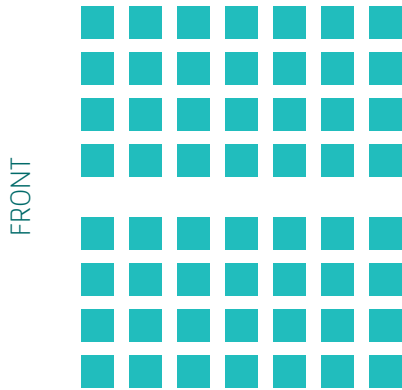


# FACILITY RENTALS

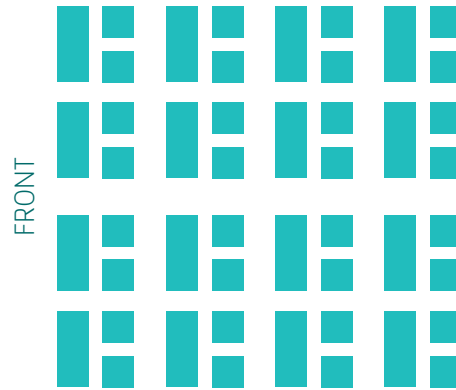
## Seating Arrangements & Capacity

Pick the perfect seating arrangement for your meeting or event. Alternatively, work with our event staff to tailor the seating plan to meet your needs.

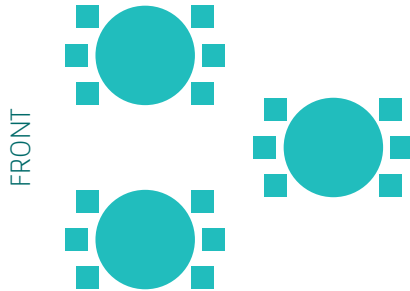
### Lecture Seating



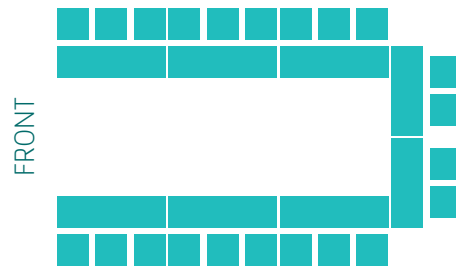
### Classroom Seating



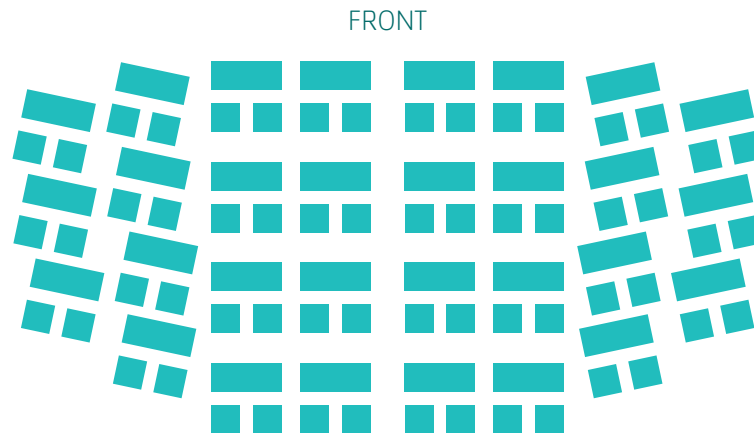
### Group Seating

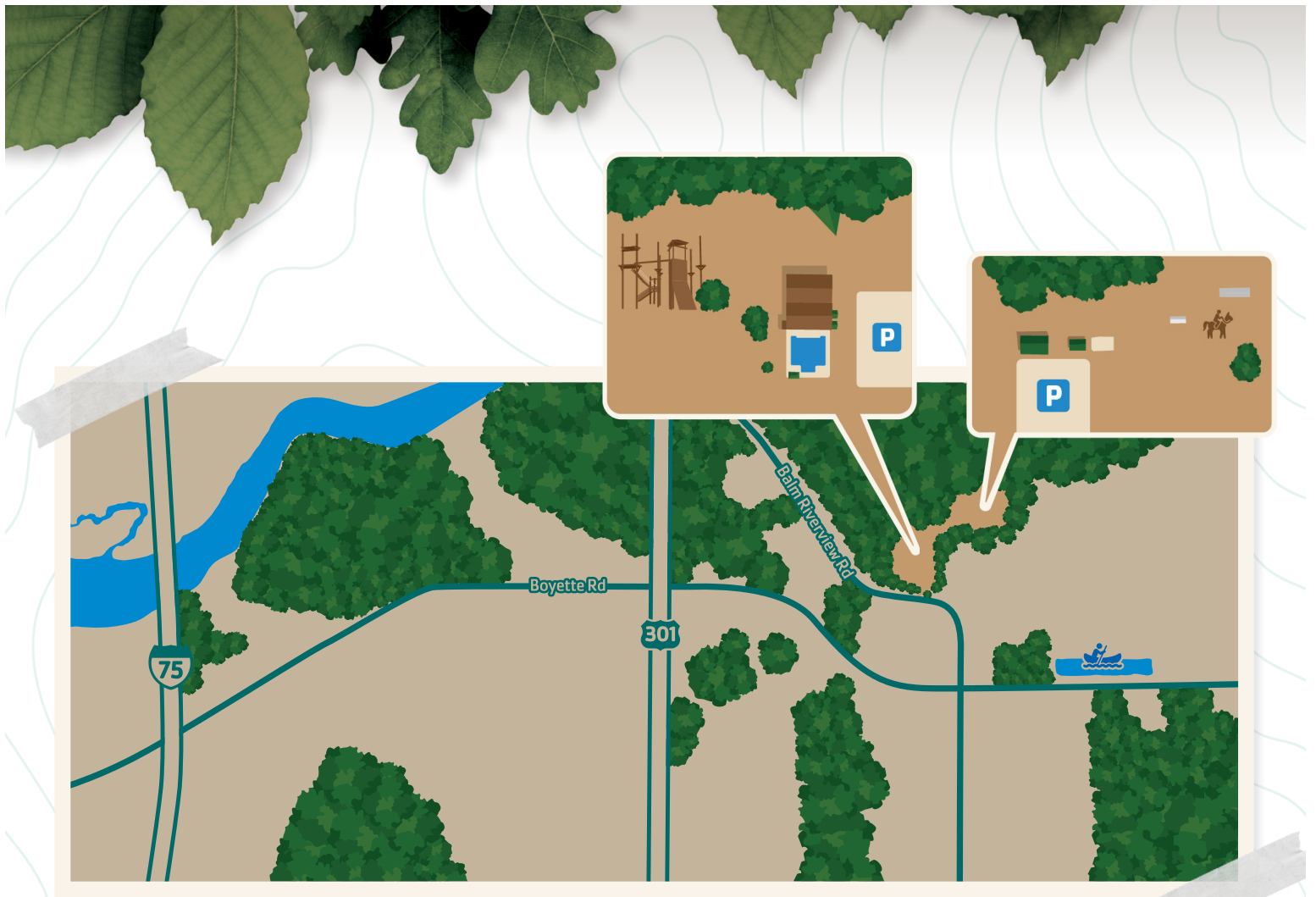


### Conference Seating



### Event Seating (basketball courts only)





# LET'S GET STARTED!

Call 813.677.8400 or email  
[camp.cristina@tampaymca.org](mailto:camp.cristina@tampaymca.org)



# Welcome to our Environmental Science, Team Building and Outdoor Fun Program!

Looking for an exciting, educational destination for your school's next field trip? Our program offers a unique combination of environmental education, team building activities and outdoor adventures. Your students will be guided on a journey of discovery and exploration by our experienced team of facilitators and outdoor guides. Build on the discoveries your students are making in the classroom as you explore our trails, work together to solve challenges with our team building activities and have fun in the great outdoors.

We offer a variety of activities including archery, a rock wall, ziplining and more! Our program is designed to be adaptable to the needs of your group and to meet your specific educational goals.

Education and adventure go hand-in-hand, and our program is the perfect way to bring excitement and learning together in one unforgettable experience.

**Contact us today to book your school's trip and enjoy the best in environmental science, team building and outdoor fun!**

Use one of our exclusive school programs to make budgeting your field day easier or speak with one of our program leaders to help build your perfect day.

## **Looking for the perfect outdoor venue for your corporate picnic, family reunion or church event? Look no further!**

Our location offers a gorgeous natural setting with ample space for your team or family to gather, play and celebrate. Whether you're looking for a serene spot for an intimate gathering or a larger area for games and activities, our rental space is the perfect choice. With convenient amenities and prime location, you'll have everything you need for an unforgettable experience.

Not sure where to start? Let us help you plan a hybrid retreat, where your team spends the morning focused on their professional skills on team building and leadership development and the afternoon is time where families are invited to enjoy outdoor activities, food and fun. Whatever your idea, our team can help you design the perfect program.

**We guarantee a fun and memorable experience, no matter your need! Contact us today to get started.**



# Let's Celebrate Together

Host your child's next party at the Y! We'll handle all the fun (activities and supervision)—you just bring the food, drinks, decorations and kids. Pick your party and submit your reservation request and we'll reach out to confirm your party date.

**Book now for a party they won't forget!**

## Sports Party

For child athletes and kids who love to run around in organized sports play. Your 2-hour party includes one hour of sports activities and one hour in the party room with a dedicated Birthday Party Coordinator.

**Cost:** \$220 for up to 15 children, \$10 per additional child (20 children maximum). Adult spectators will not count toward participant total unless they plan on participating in activities.

## Swimming Party\*

Kids will enjoy swimming and splashing in the pool. Your 2-hour party includes one hour of swimming and one hour in the party room with a dedicated Birthday Party Coordinator. Available at all family centers and YMCA Camp Cristina.

**Cost:** \$220 for up to 15 children, \$10 per additional child (20 children maximum). Adult spectators will not count toward participant total unless they plan on participating in activities.

## Preschool Play

For our younger friends, ages 3-5. Your 2-hour party includes one hour of preschool games/crafts and one hour of supervised free play in our Stay & Play area. Available at select family centers.

**Cost:** \$220 for up to 15 children, \$10 per additional child (20 children maximum).

## High Ropes Party

For the most adventurous children who love to climb and explore. Your 2.5-hour party includes 1.5 hours of high ropes activities and one hour in the party room with a dedicated Birthday Party Coordinator.

**Cost:** \$300 for up to 12 children, \$15 per additional child (20 children maximum). Adult spectators will not count toward participant total unless they plan on participating in activities.

\*Participants must follow our swim test and lifejacket policies.