



TEAMING

AT WHITE OAKS RESORT

BETTER TOGETHER.



All work and no play makes Jack a dull boy...just saying...it's a fact.

We have developed a wide variety of team building, skill enhancing and recreational activities that will create an exciting learning environment and fun atmosphere for you and all of your delegates. Come experience team building at it's best!



T TEAMING PROGRAMS

F JUST FOR FUN

 FAN FAVOURITES

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SHIPWRECK



This is a program that envelops all aspects of a great team event. This activity requires teams to plan, make decisions, create and communicate with each other on many levels under a tight deadline. Faced with the difficult challenge of building a boat out of cardboard then proving it's sea-worthy-ness by racing across the White Oaks indoor pool, most teams come into the event with an attitude of "it can't be done" ...how will your crew prove them wrong?

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FITNESS & SPORTS

Workout exclusively with your group. Each of our fitness classes offer your team exclusive access to our private fitness studios and are facilitated by our amazing trainers. Find your center with a private yoga class or get the crew working together in an exhilarating spin or circuit class. You can also take advantage of our multi-purpose gymnasium for a dodgeball tournament or game of walleball, or take the things out to the gardens and serve up some volleyball fun!

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MUSIC TRIVIA

This is sure to bring out the excitement and (friendly) competition in any group...it is also the perfect pairing to any dinner or social reception! Teams will compete in multiple rounds with a mix of trivia topics. Our live musical accompaniment will add even more flair!

ADD-ONS:

- Team karaoke after the session or between rounds
- Live musical performance before or after the program

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WINE & BEER

This learning based program is perfect for groups of 25 or more, your challenge is to taste several Niagara wines and beers then match them to the descriptions provided on ballots. The wine and beer labels, of course, are covered to keep it interesting! This program can be played as individuals or in teams and with or without prizes. Groups will enjoy the challenge of testing their palettes and tasting knowledge!

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60 SECOND DASH

In this suspense filled teaming session, team members will compete in timed challenges made famous by the hit show "Minute to Win it". This program guarantees to be high intensity teaming that brings big excitement!

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BACKYARD GAMES

Who wouldn't have fun playing some old fashioned back yard games?! Each competitor has the chance to set a new record and earn bragging rights in a number of timeless and classic games (plus a few fun newbies of our own creation). White Oaks Backyard Games takes place in our beautiful on-site gardens, and if the weather isn't on our side we will simply bring the fun indoors!

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WO OLYMPICS



Allow your team to find their inner Olympians! Once divided into teams, participants will be challenged with fun and non-traditional Olympic games focusing on leadership, trust, communication and analytical thinking while igniting the fire within. These Olympic challenges are custom tailored to allow everyone to excel, regardless of their physical ability.

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NAVIGATE NIAGARA



An adventurous outdoor teaming challenge will have your group tracking down landmarks, deciphering clues and solving mind bending puzzles to get them to their final location and finish line. This program can be held on-site at White Oaks or spread throughout the Niagara Region. The off-site option will have teams of 2-5 traveling in separate vehicles, competing in events to find their clue for the route!

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WHITE OAKS CONFERENCE RESORT & SPA

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