We all enjoyed the activities and feel it accomplished our goals for improving teamwork among the class participants and evaluators. I received many favorable comments from our group. Everyone rated the food and service as being outstanding!"

Dave Howell—Honda Manufacturing

“I don’t really know of anything that could have been better. We had a blast! Thank you for making our first ever Annual Retreat a great experience.”

Danny Kirkland—Healthsouth Printing Services

The Alabama 4-H Center is located between I-65 and Alabama Hwy 280 along beautiful Lay Lake.

Birmingham is only a 45-minute drive away, Montgomery 1 hour. Tuscaloosa is 1.5 hours, and Auburn 1.75 hours.

Alabama 4-H Center
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www.Alabama4HCenter.org

A Great Place to do Business

Conferences
Seminars
Retreats
Team Building
Meetings

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205.669.4241
Standard Package Rate

**Dormitory Package**
$85 pp double or $90 pp single.
Includes lodging, three standard meals and meeting space.
Each room has private bath and two bunk beds.

**Guest Room Package**
$100 pp double or $130 pp single.
Includes lodging, three standard meals and meeting space.
Rooms have two queen beds, TV and complimentary wireless internet access.

Breaks, audiovisuals and upgraded menus may be added to your package.

Facilitated activities can be added to your overnight package for $40 per instructor per hour. Activities are subject to availability and must be booked in advance.

**Day Team Building Package**
Only $42.50 pp for 2-3 hours activities, lunch and meeting space. Minimum of 10 people required.

**Challenge Course**
A combination of Team Initiatives and Low Ropes

**Amazing Race** (Need a minimum of two teams)
A GPS lead competitive team building event.

**Climbing Wall**
Scale up and repel down a 30 ft rock wall.

**Clover Hop**
High ropes element that encourages risk taking and trust.

**Giant Swing**
Team belays individual 35-40 ft in air for swing release.

**Day Meeting Package**
Just one day to meet?
$28.00 per person per day includes meeting facility and standard lunch.

More activities available during your stay…
- Basketball
e- Hiking
e- Tennis
e- Campfire
e- Volleyball
e- Canoeing
e- Fishing
e- Swimming
e- Putt Putt Golf
e- Pontoon Boat

* Additional fee may apply

* Rates subject to change