

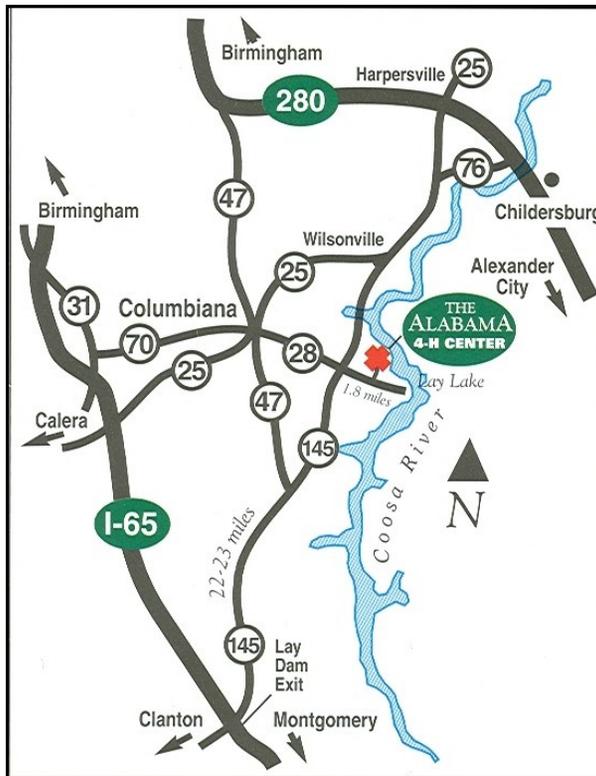


*We all enjoyed the activities and feel it accomplished our goals for improving teamwork among the class participants and evaluators. I received many favorable comments from our group. Everyone rated the food and service as being outstanding!"*

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**  
**Kristy Abrams**  
**892 4-H Road**  
**Columbiana, AL 35051**  
**abramkr@aces.edu**  
**205.669.4241**  
**Fax 205.669.1364**

[www.Alabama4HCenter.org](http://www.Alabama4HCenter.org)



**A Great Place to do Business**

**Conferences**

**Seminars**

**Retreats**

**Team Building**

**Meetings**

[www.alabama4hcenter.org](http://www.alabama4hcenter.org)  
**205.669.4241**

## Standard Package Rate



### Guest Room Package

**\$100 pp double or \$140 pp single**

Includes **lodging, three standard meals and meeting space.**

Rooms have two queen beds, TV and complimentary wireless internet access.

### Dormitory Package

**\$85 pp double or \$100 pp single.**

Includes **lodging, three standard meals and meeting space.**

Each room has private bath and two bunk beds.

**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 **\$43.50 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?**

**\$28.50 per person per day** includes meeting facility and standard lunch.



### More activities available during your stay...

- Basketball
- Hiking
- Tennis
- Campfire
- Volleyball
- Canoeing
- Fishing
- Swimming
- Putt Putt Golf
- Pontoon Boat

\* Additional fee may apply



\* Rates subject to change