



resort experiences

resort amenities

18 hole championship golf course

Putting green

Club rentals, group lessons/clinics, pro shop

luxurious 8,000 square foot spa

16 treatment rooms overlooking the valley

skiing & snowboarding

15 alpine runs, 2 terrain parks, 2 lifts, magic carpet

Ski rentals, private and group lessons

Snowshoe hiking, rentals available

seasonal outdoor ice rink

indoor and outdoor pools, dry sauna and hot tub

fitness centre and hiking trails

bocce court

Adamo Estate Winery

Some amenities are weather dependent.

hockley.com 1-866-HOCKLEY



palate pleasers

beer tasting

Sample a selection of six beers focusing on local, artisanal breweries and international selections of various styles. This 30-45 minute event can be held prior to or after your dinner and includes cheese and charcuterie for your enjoyment. \$30** per person (maximum 20 persons)

the perfect risotto

Enjoy a cooking demonstration, tastings and a glass of wine while learning tips to making the perfect risotto. Gather around the food bar to watch the chef prepare one of the most challenging Italian inspired dishes, a garden risotto. Includes an informative 30-45 minute session with questions and answers with the chef. \$45** per person

the art of pizza making (may – october)

Gather around the outdoor grill and learn the art of pizza making. Prepared before your eyes in 90 seconds from our wood-fired oven using fresh garden ingredients. Enjoy a cooking demonstration, tastings and glass of wine in Hockley's garden. Includes an informative 30-45 minute session with questions and answers with the chef. \$45** per person

garden tour (may-october)

Enjoy a guided tour through our organic garden and orchard. During the tour we will explain gardening techniques, secrets of the trade and showcase our garden-to-table philosophies. Guests will be free to taste the bounties of the garden depending on the season and what is available. The guided tour will also include a tour of our training vineyard where you will be treated with a glass of sparkling wine as you meander through the vines exploring the several grape varietals that we are growing. \$30** per person

the great chili cookoff

We provide all the fixin's for a fantastic chili – teams work together to make the perfect chili! Our culinary team will attend the final presentation and decide which chili is the big winner! (done as a meal replacement) \$90** per person (or plus \$42* per person in addition to the corporate package rate, maximum 40 persons)

*Plus taxes and gratuities. **Surcharge of \$150 + HST will apply for groups of less than 15. Additional charges may apply for groups over 30.

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adamo estate winery

private tastings

*Minimum 10 guests, maximum 20 guests per guide.
Add a tour for \$10** per person*

adamo introductory flight

Includes a structured tasting of 4 Adamo Estate wines featuring two aromatic white wines, one rosé wine and one red wine.
\$20**

adamo premium flight

Includes a structured tasting of 4 Adamo Estate Premium wines.
\$30**

private tour, tasting & culinary experience

Minimum 10 guests, maximum 20 guests per guide.

chocolate experience

Includes a 30 minute guided tour of our vineyard and winemaking facilities followed by a structured tasting of 4 Adamo Estate wines paired with chocolate.
\$45**

cheese & salumi experience

Includes a 30 minute guided tour of our vineyard and winemaking facilities followed by a structured tasting of 4 Adamo Estate wines paired with our house-made salumi and curated cheese boards.
\$50**

shuttle service

*Maximum 14 guests per trip
One way trip is 10 minutes including boarding, travel and drop off*

Round trip service from Hockley Valley Resort to Adamo Estate Winery
\$10 +HST per person

****Plus taxes and gratuities.**

hockley.com 1-866-HOCKLEY



healthy you. healthy team. healthy profits.

Julie Adamo Cass is a certified health coach, yoga instructor, esthetician and entrepreneur. As a health coach, she is deeply motivated to inspire wellness in today's workplace. Julie is a wife, and mom of two young kids and understands that a busy life can be a challenge, especially when balancing a hectic career with home life. As the former owner, operator of Hockley Valley Resort and Adamo Estate Winery, she lead more than 300 team members with strength and intention. Her lifelong passion for health and wellness was the driving force of introducing the 8,000 square foot spa at Hockley Valley Resort in 2001.

Julie's passion is to help busy people thrive at work and at home but most of all ensuring they invest in the most important relationship they have: the one with themselves. A successful life at home and work starts with a healthy mind and body.

eat well. live well.

In this interactive session, Julie will walk participants through simple ways to incorporate healthy food into their diet, while focusing on the dramatic impact these changes can make. Want to increase energy, productivity and overall happiness in your workplace? Treat your team to this session and make living well a priority.

key strategies to double your energy

Work/life balance is something most of us struggle with. Learn how to fight low energy that's creating a negative cycle, depleting your self-care strategy, sending you on a downward spiral and leading to poor choices. This session provides easily-implemented tools to double your energy and transform the way you live your life with a new approach and new-found energy!

five tools to reduce stress now

Feeling stressed out? The key to a healthy life is stress management. Learn simple and tangible lifelong techniques to help you deal with stress, decrease anxiety and feel more empowered to enjoy life. A happy team translates to a successful, productive company!

how to kick the sugar habit

In this energetic workshop learn what sugar does in your body, why we start and can't stop eating it, and how to transform sugar cravings so you can eliminate the habit for good! You will be amazed on how this can change your life and make you feel phenomenal.

Add a two week office sugar challenge. Participants will be asked to fill out a sugar journal and will be coached through the process. It can also include a group follow up email at the end of the two weeks. (additional charges apply)

*50 min session: \$595**

90 min session \$845 (includes group interaction & activities)*

**extra charges apply to groups with over 20 people*

Make any one of these talks a lunch & learn by adding one of our healthy working lunches.



Inquire about a customized 1/2 day wellness workshop for your company.



sporting fun

group golf event

Improve your golfing skills with 2 x 30 minute workstations with our professional golf staff. Alternate between stations focusing on putting and chipping.
\$25 per person, minimum of 8 people or a minimum fee of \$200 per group.
Available during golf season, group size restrictions may apply.

downhill ski lessons

Enjoy lessons from our renowned ski instructors.
\$99 per hour +HST per person, additional persons (same ability, same discipline) \$35 per hour +HST
**Must have valid lift ticket or season pass to participate.

entertain me

Ask us how to arrange a great onsite event for your group. Conducted before, during or after dinner.
Examples include:

Yuk Yuk's Comedy Show

Magic Workshops

Casino Night

Line Dancing

Karaoke

"Titanium Chef"

Murder Mystery

Rock the Stars and so much more...

*Plus taxes and gratuities.

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JESSIE STEINBERG: SURMOUNTING ONE OF MANY SUMMITS!

As founder of Leap Adventures, for the last decade Jessie has been a trusted leader in the field of team development. Authenticity and straight-up skill-building are at the core of every workshop, conversation, and call. Tiny but mighty, we've lost count of how many times she's been called a "firecracker". She's LEAP Adventures beloved coach, leader, and mentor. Reach Jessie at 519-938-1524, jessie@leapadventures.ca or check out www.leapadventures.ca to take the LEAP!

strengthen your people, strengthen your team

"Strengthen your people, strengthen your team," is more than a tag line for Leap Adventures. By providing events that are more than a pep talk, far more than just fun, and much longer lasting than a day out of the office, Leap Adventures will transform your work environment.

mini olympics

This series of sports-based team events, with "a little twist" has teams competing against each other and the clock. Designed to be light, fun and exciting, from the opening until the closing ceremonies.

the amazing race

Teams must find a series of checkpoints and successfully complete each task that awaits them. This exhilarating race will take participants on a journey around the resort, looking for flags, deciphering clues and tackling unique team tasks.

survivor challenge

Adventure-based team challenges that build confidence, co-operation, and teamwork. Teams are challenged to work together to accomplish tasks by using playful ingenuity, communication, and problem-solving skills.

low ropes course

This program challenges participants to work a little outside of their comfort zone and create an atmosphere where trust, communication, and out-of-the-box thinking are always at work. Activities tackled are designed to incorporate group planning and debriefing stages and identify individual roles and strengths.

communication combat challenge

Various hands-on activities identify the diverse roles within the group, strengths of team members and the effectiveness of their communication patterns. This action-based learning takes place indoors or outdoors and requires cooperation, trust, leadership and innovative problem solving.

the scrambler

A two-part program which has teams scrambling, searching, gathering and implementing a game plan to efficiently and successfully travel throughout the resort. Teams will be given a set of clues that lead to specific areas in search of scrambled letters while finding and collecting certain unusual items from a collaborated list.



LEAP ADVENTURES

pay it forward

This one-of-a-kind team building adventure has corporate clients paired with a charity of their choice in order to see their group effort culminate in a practical, valuable outcome that will have an immediate impact in the community. Adventure options from the team building menu are customized to result in a powerful project that pays it forward. While the steps may be simple, the result could change the world. In the past, bicycles and bunk beds have been built. A gift-giving challenge resulted in a refurbished youth room. Your imagination and collaboration with LA's Director, Jessie Steinberg, will amaze you and empower your team with an event that promotes connection, intention and purpose.

gregarious games night

An exceptionally fun evening with friends and colleagues that provides great social interaction, loads of laughs and thought-provoking game play. This program is structured in a round-robin tournament style and consists of various card games, quick witted hilarity and mind-challenging games.

minute to win it

Through the use of many unusual competitive events using various household items, each participant will experience the thrill of being a player and an encouraging teammate. All challenges activate the competitive spirit, out-of-the-box thinking and creative problem solving. This 1.5 hour program fosters fun, playful competition and surprises.

drum circle

This hands-on drumming circle has drums and other percussion instruments being used as tools for communication empowerment, bringing people together and sharing very positive vibrations amongst all participants. This rhythm based event helps synergize your corporate community's intentions and goals by bringing participants to a place of common purpose while generating lots of energy and laughter. All instruments will be provided by LEAP Adventures.

*special pricing applies (see fee schedule)

rowing your team to success (seasonal)

Rowing is a remarkable sport which generates uniquely enriching team building opportunities. No other sport requires the same level of synchronicity and commitment to achieve a successful outcome. In just 2-3 hours, your team will experience the exhilaration of working together and the thrill of balancing on the water as a team while receiving coaching from our expert LEAP Adventures facilitator. This transformational time for your team begins at HVR and transitions to the boatyard, less than ten minutes away. *special pricing applies (see fee schedule)

guided snowshoeing (seasonal)

Let one of our experienced LEAP Adventures guides take your group on an unforgettable excursion through the rolling hills of the Niagara Escarpment. The beauty and wonder of the exquisite surroundings will unfold in the near-silence of the snow. Choose to experience this as a night walk to include discovery of the winter sky.

*special pricing applies (see fee schedule)

guided hikes

Let one of our experienced LEAP Adventures guides take you on a scenic hike through the beautiful Bruce Trail. The hike can accommodate any fitness level. A picnic lunch or snack can be arranged by the Resort at an additional cost.

*special pricing applies (see fee schedule)

word nerd boot camp

Wordsmiths, word nerds, or those who loathed high school English (and beyond), this session will engage, entertain, and educate you! In this team-building event, participants will learn and practice simple techniques with each other for making their writing positive and effective, be it in text or by email – or even in letters, on paper, like the dinosaurs used to write!

yoga

Sunrise Yoga is a lovely way to start your day. This class is designed to create space within the body and awaken your senses to prepare you for your day. Each class starts with introspection using breath and then slowly moves into a simple sun salutation which opens and softens the mind, body and soul.

The class continues with seated slow static postures to open up, stretch and tone the entire body. The class finishes with various breathing exercises and light meditation. All levels.

* Special pricing applies (see fee schedule)



LEAP
ADVENTURES

art jam!

Engage the right side of the brain and wake up the creativity (think: problem solving, innovation, originality) that art experimentation stimulates. Participants will receive step-by-step instruction by an art instructor and will work independently, in pairs or in small groups to create their own artwork. Think of it as a free-style painting party!
 *special pricing applies (see fee schedule)

Rube Goldberg Experience

The Rube Goldberg Experience is an exciting new indoor program. Think of this activity as building a "Mousetrap Game." A Rube Goldberg machine is a contraption, invention, device that is deliberately over-engineered to perform a simple task in a complicated fashion generally including a chain reaction. The team will use their wit, creativity, initiation and out-of-the-box thinking to create one machine.
 *special pricing applies (see fee schedule)

safe cracker program

Safe Cracker is a mobile escape room with a countdown clock that adds to the game's excitement. While it shares similarities with other traditional escape rooms, there's a big difference: we take Safe Cracker to you - your office, your meeting, your conference - wherever you are! Our new team building activity has your participants working together by accident, as the teams need to work together to solve puzzles, brain teasers and challenges while utilizing the individual strengths of their team members to win the game. This program touches on the 4 "C"s: Critical Thinking, Creativity, Communication and Collaboration. A perfect team building event.
 *special pricing applies (see fee schedule)

LEAP Adventures Corporate Team-building:

Each program is created in consultation between the client and LA's Director

Each program runs for approximately two hours

Each program will use the facilities at HVR and will be coordinated with the banquet event order

Prizes beyond "bragging rights" will be provided by the client

Programs are facilitated by LEAP Adventures' highly trained facilitators

Additional facilitators required will cost \$120.00 each (standard programs include two)

All programs can be offered year-round, indoors or out

***All prices are subject to HST, Specialized programs will have additional costs

0 - 30 people participating	\$685.00
31 - 40 people participating	\$750.00
41 - 50 people participating	\$900.00
51 - 60 people participating	\$1320.00
61 - 70 people participating	\$1540.00
71 - 80 people participating	\$1760.00
81 - 90 people participating	\$1980.00
91 - 100 people participating	\$2200.00
101 - 110 people participating	\$2420.00
111 - 120 people participating	\$2640.00

Drum Circle, Rube Goldberg, safe cracker	\$750 up to 20 ppl \$37.50 p/add. person
Row Your Team	starts at \$1600/15 ppl, \$105 per additional person - 32 ppl max
Guided snowshoeing	\$250/20 ppl, 1.5 hr expedition Additional \$25/person for snowshoe rentals (20 pairs available)
Guided hike	\$200 for up to 15 ppl/guide
Art Jam	\$925/15 ppl, \$45 per additional person
Yoga	1hr. \$20 per person \$200 + HST min. charge 1hr. private group



Team Building. All your corporate team building needs. Play with Purpose!

Delivering experiential team building programs for over 15 years. All programs are individually customized and priced accordingly.

TEAM BUILDING PROGRAMS

Reaching New Heights

This high ropes experience will literally take your team to new heights of trust, mutual support, leadership and collaboration. No experience is necessary and there is a role for everyone regardless of fitness level (designed for an adult corporate audience)

Put Your Chef Hat On!

This competitive food adventure will challenge teams to create the ultimate culinary masterpiece. Although you will not be cooking a meal for one another, you will bond as a team, strengthen relationships and create lasting team memories. It's play with a purpose!

Building Bridges

Examine the importance of healthy communication while constructing components of a freestanding bridge all while geographically separated from your teammates! This challenge ends on a high note as each bridge is put to the test!

Development Workshops

Experience a custom 1-3 hour workshop that will enhance the development of your team and support the learning initiatives of your event. Our curriculum has been offered at leading business schools in North America and the UK and can focus on team development, leadership, creativity and innovation, communication, change, emotional intelligence and more.

Motivational Keynote

Summit president Scott Kress is an award-winning EMBA leadership and team development instructor, an author and a masterful storyteller. Bring Scott in as an opening speaker to set the tone for your meeting, an evening speaker to reinforce your message, or a closing speaker to send your team home ready to tackle challenges with new enthusiasm!

www.summitteambuilding.com



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