



## BTAC – Activity Catalogue 2022

General Programme Activities			
		Min. group size	Price
<b>Teambuilding games</b>	<p>Develop effective communication, conflict management, and problem-solving through fun and games.</p> <p>Through a various indoor and outdoor team challenges, participants discover their strengths and understanding for each other, enhancing team cohesion to build a healthy and functional team.</p> <ul style="list-style-type: none"> <li>• <b>Class Level:</b> Various levels</li> <li>• <b>Age Requirement:</b> 6 years and above</li> </ul> <p>Activities includes: Holey barrel, Key-punch, Team-link, Gladiator, Lava-boots, Zoom-ReZoom, Bulls-Ring, Mine Field, Game of Life, Ghost pen, Robot Time Bomb, Human-knot, Helium Hoop, and more!</p> <p>Duration: 2-3hr per session.</p>	<b>8</b>	<b>\$55/pax</b>
<b>Camp/Bush Craft</b>	<p>"To poke a wood fire is more solid enjoyment than almost anything else in the world." - Charles Dudley Warner</p> <p>Explore the great outdoors and beauty of adventure. Learn critical skills needed for outdoor survival and exploration. Build self-awareness and resilience through interaction with nature.</p> <ul style="list-style-type: none"> <li>• <b>Class Level:</b> Various levels</li> <li>• <b>Age Requirement:</b> 6 years and above</li> </ul> <p>Activities includes: Shelter building, Navigation, Flora and Fauna ID, Fire Lighting, Water Collection, Leave No Trace Outdoor Ethics, and more!</p> <p>Duration: 2 – 3 hrs.</p>	<b>8</b>	<b>\$60/pax</b>

\*Price listed are for individual activity bookings at minimum pax.

Discount for VWO/VCH/SSO: 30% off listed price

Discount for multi-session booking (> 4 session) / larger group (>12pax) : from 15% off listed price



<b>Low Elements</b>	<p>Generally, only happening only a few feet above ground, Low Elements, activity range from simple games using just a platform to complex obstacles and puzzles that challenge participants both mentally and physically.</p> <p>Activities keep participants moving and thinking, challenging the group's ability to think out-of-the-box, manage time, and set SMART goals.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Various levels</li><li>• <b>Age Requirement:</b> 6 years and above</li></ul> <p>Activities includes: Nitro Crossing, Telegraph Pole, Boulder game, All-aboard, Electric Fence, Re-birth, Leap-of-Faith and more!</p> <p>Duration: 2 – 3 hrs.</p>	<b>8</b>	<b>\$60/pax</b>
<b>High Elements</b>	<p>Due height and its perceived risk, High Elements provide a stimulating activity where participants confront their fears. It also creates the opportunity to observe human reaction and for participants to practice peer support.</p> <p>With proper processing and transfer of learning, High Elements will help participants push and expand their personal comfort zone, thus improving confidence, tenacity, and resilience.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Various levels</li><li>• <b>Age Requirement:</b> 6 years and above</li></ul> <p>Activities includes: Sport Climbing (Top-rope), Abseiling, Free-Fall, Urban Abseil, Rope Ascent.</p> <p>Duration: 2 – 3 hrs.</p>	<b>8</b>	<b>\$65/pax</b>

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Courses			
		Min. group size	Price
<b>SNCS Level 1</b>	<p><b>Singapore National Climbing Standards (SNCS) Level 1</b> course is an introduction to sport climbing that will culminate in an assessment and Level 1 certification, sanctioned by the Singapore Mountaineering Federation (SMF).</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 13 years and above</li></ul> <p>The purpose of this course is to give participants an enjoyable, safe and informative introduction to sport climbing.</p> <p>The course is designed for people with no prior knowledge of sport climbing.</p> <p>Participants will be introduced to: equipment, climbing techniques, checking procedures, belaying for top-roping and climbing calls.</p>	<b>4</b>	<b>\$65/pax</b>
<b>SNCS Level 2</b>	<p><b>Singapore National Climbing Standards (SNCS) Level 2</b> is a follow on from SNCS Level 1 climbing.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Intermediate</li><li>• <b>Age Requirement:</b> 13 years and above; SNCS Level 1 Certification</li></ul> <p>The course builds on the top-rope skills acquired from Level 1 and progresses into lead climbing on artificial climbing walls.</p> <p>Participants will be introduced to the advanced skills and techniques and equipped with the knowledge of how to safely climb and belay during lead climbing.</p> <p>Participants attending this course should be confident in all the techniques covered at SNCS Level 1 before undertaking this more advanced course.</p>	<b>4</b>	<b>\$135/pax</b>

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<b>SNAS Level 1</b>	<p><b>Singapore National Abseiling Standards (SNAS) Level 1</b> course is designed as an introduction to abseiling for participants who have no prior technical knowledge.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 13 years and above</li></ul> <p>Participants will learn the basic skills of descent on ropes, as well as the essential knowledge of the equipment required for abseiling.</p> <p>Participants who successfully pass the assessment will receive a SNAS Level 1 certificate, which is a pre-requisite for Sports Climbing (SNCS) Level 3 certification.</p>	<b>4</b>	<b>\$65/pax</b>
<b>SNAS Level 2</b>	<p><b>Singapore National Climbing Standards (SNCS) Level 2</b> is a follow on from SNCS Level 1 climbing.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Intermediate</li><li>• <b>Age Requirement:</b> 13 years and above; SNAS Level 1 Certification</li></ul> <p>The course builds on the top-rope skills acquired from Level 1 and progresses into lead climbing on artificial climbing walls.</p> <p>Participants will be introduced to the advanced skills and techniques and equipped with the knowledge of how to safely climb and belay during lead climbing.</p>	<b>4</b>	<b>\$135/pax</b>

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<b>Emergency First Responder (EFR)</b>	<b>PADI – EFR + AED</b>  <b>Emergency First Response – Primary Care (CPR)</b> teaches participants how to respond to life-threatening emergencies.  <b>Emergency First Response – Secondary Care (First Aid)</b> covers injuries or illnesses that are not immediately life threatening.  <b>Use of AED - Automated External Defibrillator</b> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 18 years and above</li></ul>	<b>4</b>	<b>\$250/pax</b>
<b>Discovery SCUBA / Bubble-Maker</b>	<b>PADI – Discovery SCUBA / Bubble-Maker</b> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 8 years and above</li></ul> <b>What You'll Learn</b> <ul style="list-style-type: none"><li>• Experience what scuba diving is like under the direct care and supervision of PADI Instructors</li><li>• Take their first breath underwater</li><li>• Learn about and use scuba diving equipment</li></ul> Duration: 2hrs	<b>4</b>	<b>\$130/pax</b>

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<b>Intro to Snorkeling &amp; Skindiving</b>	<p>Snorkeling is a great way to explore the underwater world when you're not able to scuba dive or if scuba diving just isn't your thing.</p> <p>Learn how to comfortably swim on the surface and venture underwater for short visits.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 6 year and above</li></ul> <p><b>What You'll Learn</b></p> <ul style="list-style-type: none"><li>• Intro to Snorkeling Gear</li><li>• Finning Techniques</li><li>• Equalizing air spaces</li><li>• Duck-diving</li></ul> <p>Duration: 2hrs</p>	<b>8</b>	<b>\$55/pax</b>
<b>Try Freediving</b>	<p><b>SSI – Try Freediving</b></p> <p>With no heavy equipment, freediving lets you move underwater with ease. The purest form of diving, it gives you an incomparable feeling of oneness with the ocean.</p> <ul style="list-style-type: none"><li>• <b>Class Level:</b> Beginner</li><li>• <b>Age Requirement:</b> 10 years and above</li></ul> <p>In the Try Freediving program, you will go freediving in confined waters and discover why freedivers truly love their sport.</p> <p>Duration: 3-4hrs</p>	<b>4</b>	<b>\$105/pax</b>

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