



BTAC – Activity Catalogue 2024

General Programme Activities			
		Min. group size	Price
Teambuilding games	Develop effective communication, conflict management, and problem-solving through fun and games. 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. • Class Level: Various levels • Age Requirement: 6 years and above 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! Duration: 2-3hr per session.	8	\$65/pax
Camp/Bush Craft	"To poke a wood fire is more solid enjoyment than almost anything else in the world." - Charles Dudley Warner 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. • Class Level: Various levels • Age Requirement: 6 years and above Activities includes: Shelter building, Navigation, Flora and Fauna ID, Fire Lighting, Water Collection, Leave No Trace Outdoor Ethics, and more! Duration: 2 – 3 hrs.	8	\$70/pax

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

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

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



Low Elements	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. Activities keep participants moving and thinking, challenging the group's ability to think out-of-the-box, manage time, and set SMART goals. • Class Level: Various levels • Age Requirement: 6 years and above Activities includes: Nitro Crossing, Telegraph Pole, Boulder game, All-aboard, Electric Fence, Re-birth, Leap-of-Faith and more! Duration: 2 – 3 hrs.	8	\$70/pax
High Elements	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. 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. • Class Level: Various levels • Age Requirement: 6 years and above Activities includes: Sport Climbing (Top-rope), Abseiling, Free-Fall, Urban Abseil, Rope Ascent. Duration: 2 – 3 hrs.	8	\$75/pax

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Courses			
		Min. group size	Price
SNCS Level 1	Singapore National Climbing Standards (SNCS) Level 1 course is an introduction to sport climbing that will culminate in an assessment and Level 1 certification, sanctioned by the Singapore Mountaineering Federation (SMF). • Class Level: Beginner • Age Requirement: 13 years and above The purpose of this course is to give participants an enjoyable, safe and informative introduction to sport climbing. The course is designed for people with no prior knowledge of sport climbing. Participants will be introduced to: equipment, climbing techniques, checking procedures, belaying for top-roping and climbing calls.	4	\$75/pax
SNCS Level 2	Singapore National Climbing Standards (SNCS) Level 2 is a follow on from SNCS Level 1 climbing. • Class Level: Intermediate • Age Requirement: 13 years and above; SNCS Level 1 Certification The course builds on the top-rope skills acquired from Level 1 and progresses into lead climbing on artificial climbing walls. 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. Participants attending this course should be confident in all the techniques covered at SNCS Level 1 before undertaking this more advanced course.	4	\$155/pax

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SNAS Level 1	Singapore National Abseiling Standards (SNAS) Level 1 course is designed as an introduction to abseiling for participants who have no prior technical knowledge. • Class Level: Beginner • Age Requirement: 13 years and above Participants will learn the basic skills of descent on ropes, as well as the essential knowledge of the equipment required for abseiling. 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.	4	\$75/pax
SNAS Level 2	Singapore National Climbing Standards (SNCS) Level 2 is a follow on from SNCS Level 1 climbing. • Class Level: Intermediate • Age Requirement: 13 years and above; SNAS Level 1 Certification The course builds on the top-rope skills acquired from Level 1 and progresses into lead climbing on artificial climbing walls. 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.	4	\$155/pax

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Emergency First Responder (EFR)	PADI – EFR + AED Emergency First Response – Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. Emergency First Response – Secondary Care (First Aid) covers injuries or illnesses that are not immediately life threatening. Use of AED - Automated External Defibrillator • Class Level: Beginner • Age Requirement: 18 years and above	4	\$250/pax
Discovery SCUBA / Bubble-Maker	PADI – Discovery SCUBA / Bubble-Maker • Class Level: Beginner • Age Requirement: 8 years and above What You'll Learn • Experience what scuba diving is like under the direct care and supervision of PADI Instructors • Take their first breath underwater • Learn about and use scuba diving equipment Duration: 2-3hrs	4	\$150/pax

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Intro to Snorkeling & Skindiving	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. Learn how to comfortably swim on the surface and venture underwater for short visits. • Class Level: Beginner • Age Requirement: 6 year and above What You'll Learn • Intro to Snorkeling Gear • Finning Techniques • Equalizing air spaces • Duck-diving Duration: 2-3hrs	8	\$65/pax
Try Freediving	SSI – Try Freediving 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. • Class Level: Beginner • Age Requirement: 10 years and above In the Try Freediving program, you will go freediving in confined waters and discover why freedivers truly love their sport. Duration: 3-4hrs	4	\$120/pax

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