



EVENT & TEAM BUILDING EXPERIENCES at the LCI Sports Centre



LCI partners with specialized events hosts to bring you customized team-building experiences. These events are designed to help teams from the corporate, government and non-profit sectors connect with one and other, build a genuine team spirit, and better understand each other.

CHOOSE FROM A VARIETY OF EVENT EXPERIENCES:

Minimum 20 people per activity required

Ultimate Team Building Experience

Customize your team-building experience by choosing from a wide variety of activities to fit your company's overall goals and interests. Activities may include both physical and mental challenges, such as soccer, yoga, meditation, mini olympics, scavenger hunts and more!

Ultimate Team Building Experience 1, 2.5–3 hours, \$55.00 per person

Ultimate Team Building Experience 2, 1.5–2 hours, \$45.00 per person

Mini Olympics

The Olympic creed reminds us that the most important part of the Olympic games is not to win, but to take part; just as the most important thing in life is not the triumph but the challenge. Celebrate the spirit of the Olympics and build your team skills while participating in soccer, track and field, football/capture the flag, archery, dodge ball, and indoor hockey.

1.5–2 hours, \$60.00 per person

Amazing Race

Based on the popular television series, this activity is mentally and physically challenging. Teams follow clues and complete a number of challenges as they navigate through our indoor and outdoor playground. Teams check in at designated checkpoints throughout the race. The first team to cross the finish line wins.

1.5 hours \$65.00 per person

Scavenger Hunt

Encourage team building in a less physical, but fun and competitive way. Working together, teams will problem solve to locate and decipher clues and find the finish line. Use critical thinking and develop effective communication to find items and locate the finish line.

1.5 hours, \$60.00 per person

2.5 hours \$75.00 per person

Offsite: 1.5 hours \$85.00 per person (customization available)

Corporate Sports Challenge (soccer, dodgeball)

In the cold winter months, and early Spring, when your team needs a boost, we host a Corporate Soccer Challenge. Tournament dates are uniquely arranged by industry, allowing you to prove that your company is the most successful in its industry, both on and off the pitch. The tournament serves as a wonderful team building experience but is also ideal for networking in your professional industry.

\$25/player

HEALTH AND WELLNESS EXPERIENCES:

Give participants the chance to manage their stress levels, recharge, rest, unwind, and reflect. Our trained practitioners and facilitators will provide your group with the tools and resources to achieving a better quality of life both at home and in the workplace. The lasting knowledge gained during our wellness retreat will help participants lead a more fulfilling and stress-free life and achieve total inner mind-body harmony. Topics include meditation, mindfulness, yoga, nutrition, and communication.



Yoga Nidra

Yoga Nidra is a deep meditation practice which has been used by professional athletes, artists and high-level performers/executives for its use of and influence on deep relaxation, visualization, meditation, and physical/cognitive health benefits. Done in a laying position known as 'Savasana', this lead practice can be used for injury recovery, anxiety, stress relief, intuition, emotional balancing, memory, breath work, performance visualization, creativity, and both physical and cognitive recovery. Jay often mixes this practice with sound and rhythm to help the practitioner enter a low Theta mind wave state, in which the body and mind can heal themselves.

Yoga Nidra's can also include vibro-acoustic therapy (A.K.A. vibration healing). This is the practice of using sound waves to help bring the body

and mind to homeostasis. From a place of deep relaxation, Jay uses drums and gongs, played close to the body and matches with breath work to release tension clusters, whether they be physical or energetic. These sound waves rehabilitate through the act of bone conduction (sound waves moving through the skeletal structure) and in turn release tension.

Note: Vibro-acoustic work depends on the number of participants in a session as some participants take more time. Yoga Nidras are an hour in length and require an online/phone consultation as each practice is curated specifically for the intent of the practitioner(s). Yoga Nidra can be done in a group setting or privately. **Inquire for pricing.**

Meditation

Meditation is widely known as one of the most powerful practices to work with the mind and body. Ranging in many different types of practices, Jay's meditations are curated to fit the intent/need of the practitioner or group. Working with tools such as breath, sound, movement, thought and focus (to name a few), meditation can help improve attention, stress, anxiety, performance, compassion, community, proprioception, and a number of other cognitive and physical facets.

Meditations are 30-minutes or an hour in length (2 separate meditations), and require an online / phone consultation, as each practice is curated specifically to the intention of the practitioner(s). Meditation can be taught in a group or privately. **Inquire for pricing.**

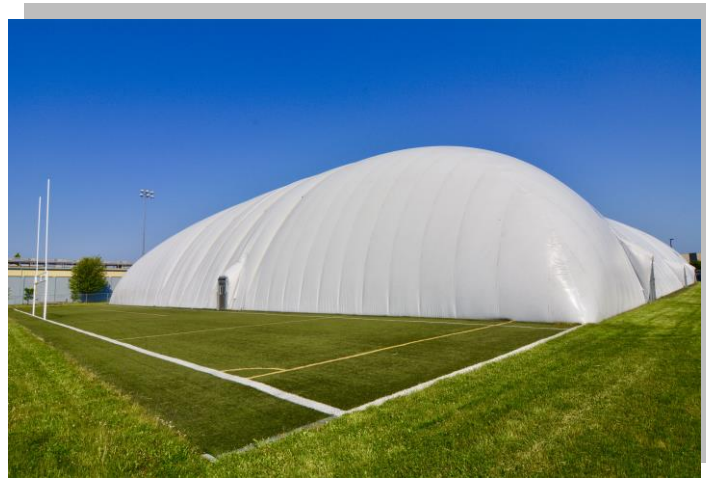
Yoga Asana (movement)

Yoga movement practices have been used for thousands of years as a way to access the body, breath, and mind. Yoga can help improve mobility, strength, proprioception, and balance while learning how to connect breath and attention. Classes can be led to the needs of the practitioner(s) and can be done as a group or private. **Inquire for pricing.**

OTHER EVENT OPTIONS:

Rent the LCI Sports Centre

The ultimate indoor sports facility, with the latest turf surface, that plays, looks, and feels like real grass. This indoor space is suitable for soccer, rugby, ultimate frisbee, dodge ball, touch football, baseball, and special events. Available year round, this facility features three indoor climate-controlled fields. **\$150.00-\$200.00 one field hourly rental**, please inquire about multiple hour and field rentals.



Off-Site Event Experiences

Name the place, and the LCI Sports Centre can work with you to plan your next team activity. Off-site programs are highly customized—your needs will be assessed through a collaborative process of various one-on-one meetings. We will ensure your team activities are unique, organized, and enjoyable. **Inquire about pricing information: 647-893-1034.**

MEDIA (PHOTOGRAPHY & VIDEOGRAPHY):

We often take photos and or video(s) of our corporate group events for social media and marketing purposes—pictures and videos can be purchased directly from us. Rates vary depending on event length and requests. If you decide to purchase pictures after your event, you can expect 20-50 pictures, however there is no guarantee. You can pre-book the photographer and videographer to document your event, which will guarantee both quality and quantity of media. For purchase of a DVD of photos and or video from us, please call us for further information. Estimated costs are as follows: **Photo: \$150.00 per hour / Video: \$300.00 per hour / DVD: \$50.00.**

EVENT & TEAM BUILDING PROGRAM PRICE LIST

Team Building Activities can be purchased separately or in a package, and are available for exclusive bookings. For custom packages, please contact us for more information at **647-893-1034**.

Event/Experience	Time	Cost per person
Ultimate Event Experience 1	2.5 – 3 hours	\$55.00
Ultimate Event Experience 2	1.5 – 2 hours	\$45.00
Mini Olympics	1.5 – 2 hours	\$60.00
Scavenger Hunt	1.5 hours	\$60.00
Corporate Sports Challenge	2.0 hours	\$25.00
Health and Wellness Experiences (Yoga & Meditation)	1-5 hours	Inquire for pricing

- ▶ Food & refreshments are to be arranged by the client and a 15% service fee will be added to the menu.
- ▶ All other client requirements, such as tables, chairs & AV will be on a onetime rental basis.
- ▶ Minimum of 20 people required per activity.

In full support of our Olympic athletes, we are proud sponsors & collaborate with the [Canadian Athletes Fund](#) (CAN Fund) for guest appearances. CAN Fund

is a non-profit organization created to fill a funding gap and give Canadian athletes the financial support they need to compete for Canada.



For all events and inquiries, please contact:

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