



EXCELLENCE IN ACTION
Sports And Special Events

Sono Field House

EDUCATIONAL GROUP TRIPS

Leadership Development
Character Development
Health & Wellness Education

Sono Field House is Connecticut’s most versatile and exciting student development and field trip center. Our indoor athletic education and character development curriculum is the perfect place for class field trips, school wide educational initiatives, youth groups, clubs, and sports teams. Sono Field House also offers graduation parties, awards ceremonies, holiday events, class picnics, youth group parties and much more!

Looking for an **educational** field trip? With hundreds of teambuilding and group activities plus a well trained staff, student groups attending field trips at Sono Field House can expect to develop leadership and team skills that enhance self-esteem and build lasting bonds between peers. SFH youth programs provide students with tangible lessons in accountability, leadership and community responsibility. SFH offers:



- Field trips
- Leadership development retreats
- Student teambuilding
- Character development curriculum
- Respect, anti-bullying and community building programs
- Self-esteem boosting adventure experiences
- Holiday and end of year class parties
- Awards ceremonies
- Meeting rooms for group instruction
- Indoor rock climbing
- Indoor ropes course and zip lines
- Field games on 40,000 sq. ft of indoor turf
- Weather proof experiential education programs
- Much more!*



Sono Field House

EDUCATIONAL GROUP TRIPS

Your SFH experience begins with a simple phone call to our field trip and group events department. During your initial call we will learn about your goals, dates, and the students or group you work with. We will discuss pricing and options and then arrange a site tour or prepare a proposal. It's that simple! Our staff is also happy to work with you to customize an existing curriculum or program. Dates fill quickly so call 203-523-5875 or email events@sonofieldhouse.com today to get started.

Food and beverage

SFH offers a wide range of food service and catering options. Our SFH group event coordinator will work with you to select the food service option that is suitable for your needs and your budget.

Pricing

Pricing for your SFH field trip or student group event will be based on the size of your group, the dates and the options you select.

STUDENT FIELD TRIPS AND EDUCATIONAL PROGRAMS AT SONO FIELD HOUSE

Student field trips and teambuilding programs at Sono Field House are energetic and fun curriculum-based programs that are designed to improve:





SFH Field Day

Enjoy a wide variety of student sports and activities, from soccer, field hockey, and lacrosse to rock climbing, ropes course adventures, zip lines, and much more. The Field Day field trip allows students to experience a broad range of athletic skill building and personal confidence in a very short period of time. Field Days are designed to be age appropriate for your particular group, so call today to learn more about the options available for your school or class.

Adventure Extravaganza!

This unforgettable weather proof field trip will have your students engaged and working together as they take on a wide range of fun and educational team activities. Traditional activities such as Frisbee games, team sports, and sack races are combined with rock climbing, zip lines, and unique teambuilding challenges to create an action-packed 4 to 6 hour program. The variety of the Adventure Extravaganza allows all types of students to find something they enjoy and can learn from. SFH Adventure Extravaganza packages include program design, activities, and options for food and beverage; we can even include teambuilding facilitation. This package is typically designed for student groups of 30 participants or more.

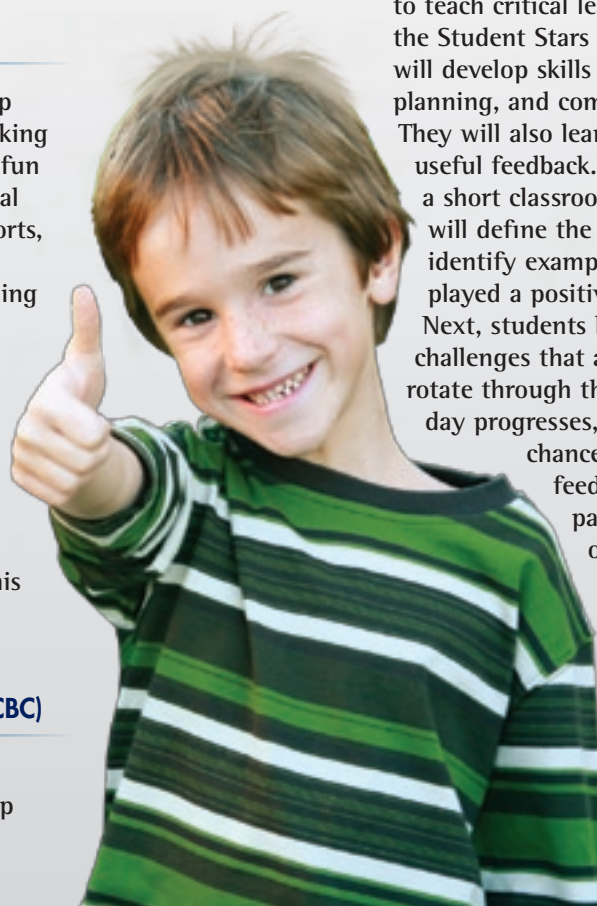
Character Based Community Programs (CBC)

This powerful field trip program includes a series of team based exercises and group discussions to enhance commitment to

character and to your student community. CBC programs are designed specifically for groups seeking a character building experience with an emphasis on responsibility to your community. These programs are an ideal way to establish a culture of acceptance and accountability. The CBC experience focuses on the value of “we” thinking over “I” thinking. Using the indoor rock climbing wall, ropes course events, and discussion sessions, students will set goals together, solve problems as a community, and learn how to support and encourage each other.

Student Stars

This standout leadership program uses team based exercises and facilitated discussions to teach critical leadership skills. Through the Student Stars program your students will develop skills for public speaking, group planning, and communicating a vision. They will also learn how to give and receive useful feedback. Student Stars begins with a short classroom session where students will define the meaning of leadership and identify examples of leaders who have played a positive role in their own lives. Next, students begin a series of team based challenges that allow different students to rotate through the leadership role. As the day progresses, each student will have the chance to lead and will receive feedback from his/her peers. This package includes a workbook, optional post-program reading assignments, and an end of day awards ceremony to celebrate the leadership contributions of each student. Activities for Student Stars can include use of the rock climbing wall, ropes course and teambuilding exercises.





I Can Do Anything!

Designed to improve self-esteem, this experience focuses on the strengths and positive attributes of each attendee. Through encouragement and reinforcement, student groups take on a series of fun teambuilding exercises and adventures. As the day progresses students earn rewards and recognition as they climb the Sono Field House rock wall, fly across the zip lines, and achieve increasingly impressive successes.

Healthy Me: Health and Wellness Program

This educational field trip teaches students to make healthy choices in all aspects of their lives. Through a series of short ‘learning sessions’ interspersed between high impact team activities, students learn how to evaluate good and bad choices and how to “coach themselves” to make good decisions. As the Healthy Me program continues, students work together to take on the rock wall, ropes course, and ground level group exercises. These exercises demonstrate the power of healthy “risk taking” and teamwork. This experience creates a “community of supporters” within your student group, showing each attendee the positive effects of encouraging healthy choices among peers.

Respect Yourself & Others

This curriculum brings students a new awareness of the effects of their words and actions on others. Through a series of fun team exercises, students learn how to identify the diverse skills and contributions of peers. They also learn tools to recognize and overcome judgment of others and to replace judgment and negativity with compassion and encouragement. As the day progresses students work together to provide support and realize the power of positive reinforcement and cooperation. The day includes use of the rock wall or ropes course elements as well as an end of day action planning session to summarize the experience and lessons learned.

Custom Teambuilding Trip

Like what you see but have an idea that combines a variety of elements or uses another concept? The SFH team will create a customized teambuilding experience to support your needs. Call to discuss your group and to share your ideas.



Graduation Parties, Class Picnics, Field Games and Award Ceremonies

Sono Field House student events and celebrations include graduation and end-of-the-year class parties, award ceremonies, holiday celebrations, and special events for all types of student groups, clubs, and sports teams. These well organized events offer something for everyone (including chaperones). SFH attendees will be delighted by the entertainment while our staff ensures that these experiences are:

- ★ Safe
- ★ Easy to manage
- ★ High quality
- ★ Unforgettable

Graduation Parties

Graduation parties at SFH can be arranged through a school or by an individual parent. These customized experiences allow students to celebrate their milestone events in a healthy, safe, and community-oriented environment. From dancing and socializing to active participation in team sports, an SFH graduation party has it all. Our themed party options include special lighting, movie rooms, games, and hundreds of activities, allowing you to create a graduation party that allows everyone to have a blast. Call today to schedule a site tour or to learn more.

Overnight Lock Ins

Are you ready for Connecticut's best late night social event? SFH Lock Ins are all night recreation events that can include turf sports, teambuilding, socializing in the Tribeca Coffee House, rock climbing, and other healthy activities. Ideally suited for post graduation parties, youth groups, and sports teams, these special experiences typically begin after 10 PM and end early the following morning. Lock Ins are highly supervised programs that allow students to enjoy late night socializing in a safe, controlled environment.

Awards Ceremonies and Sports Teams Socials

This season your team(s) can celebrate accomplishments at Sono Field House and then let loose on our rock wall, ropes course, and 40,000 square foot indoor turf field. Awards ceremonies can include a pizza party or other catering options, snacks, video highlights from the season, and much more.

Class Parties & Custom Events

Do you have a special event, class party, or other group outing that you would like to host at Sono Field House? If so, please call today -space is limited but we enjoy putting on the area's best celebrations and parties!