



High Impact Activities

The Inn at Middletown works with a variety of organizations that will *Pump Your Meeting Up* with high impact and fun group activities! Ask us about any of the following organizations for more information!

Empower, Leadership Sports & Adventure Center – visit Empower for zip-lining through the tree canopies, team climbing challenges, or stay grounded with a scavenger hunt. Empower can also come visit your meeting, for activities to strengthen communication, employee relationships, and overall advance your team!

Brownstone Exploration & Discovery Park & Powder Ridge Mountain Park & Resort – strengthen your team at either of these parks, with water-based challenges, raft building and snow tubing! These activities will surely be fun for your team, and require each member to strategize and work together to complete the challenges!

YMCA – head to the Middlesex YMCA for high impact, or relaxing, activities for your team, including fitness classes, such as Zumba and Yoga. These activities will help get your team pumped up and energized! Want a private session for your team? These professional instructors can also come to you.

AdventureRooms – This mysterious and adventurous teambuilding activity will challenge your team's problem solving and communication skills. With only an hour to escape, this activity will surely pump up each person to solve their way out!

Lyman Orchards – Lyman Orchards offers a variety of team building activities, including a pie making workshop, scavenger hunt, cook off challenge and their Golf Clinic event, which teaches golf basics with PGA professionals!