



CORPORATE TEAM BUILDING AT THE RICHMOND OLYMPIC OVAL



FROM WORLD CHAMPIONSHIPS TO CORPORATE EVENTS—THE OVAL DELIVERS A GOLD MEDAL EXPERIENCE TO ALL.

The Richmond Olympic Oval is a breathtaking venue on the banks of the Fraser River and winner of numerous architectural awards. Home to long track speed skating during the 2010 Olympic Winter Games, the Oval now offers an inspiring environment for all ages and skill levels to progress toward their own personal podiums.

Our facilities are available to rent for corporate team building, meetings, and sporting events. Not only do we provide a unique facility with a variety of meeting rooms, sport courts, reception areas, and outdoor spaces, but our professional event team will help you plan and create a memorable experience.

The Oval also offers energy breaks and corporate team building packages. Add a short fitness break to your meeting, or choose to engage in sporting activities, or other organized games.



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Team Building Activities

BREAK DOWN BARRIERS AND BUILD UP PERFORMANCE

Designed by our coaching experts – our team building games are all professionally run by coaches or instructors and are designed to improve communication, trust, and team work with creative, low impact activities. Your group will work through various stages of team building challenges designed to create positive interaction and oil your corporate machinery.



ENERGIZERS, EXERCISES & COURT CHALLENGES

Energizers – Filler games during breaks or at the end of an activity station
Exercises & Court Challenges – Variety of 20-30 minute team building games

PRICES STARTING FROM

90 minutes
\$150 for up to 10 participants
\$12/per additional participant



TEAM BUILDING IN THE TANK

Rowing – the perfect team building exercise in the Oval's one of a kind Indoor Rowing Tank. Rowing is the ultimate team sport requiring a crew to perform together and in sync.

Our expert coaches will teach you rowing basics, while getting your team to gel. You will leave feeling inspired, and with a sense of accomplishment!

PRICES STARTING FROM

60 minutes
\$160 for 4-16 participants
90 minutes
\$300 for 17-32 participants



CLIMBING WALL

The ultimate in trust challenges!

The Oval's Sport Climbing Centre is the perfect challenge for your team.

Sport Climbing is the real metaphor for life's obstacles which will help improve self-esteem, self reliance while providing opportunities to acquire some of the 40 developmental assets that are critical to successful, happy adulthood. No experience necessary, we will teach you the ropes and the best way to the top of the wall! Participants will work together in groups of three to learn basic climbing techniques and the fundamentals of climbing such as knot tying, harness basics, and gym safety.



With over 25 different routes from beginner to expert, the Oval's indoor climbing wall is sure to activate and motivate your team atmosphere.

PRICES STARTING FROM

90 minutes
\$145 for 1-12 participants
\$215 for 13-18 participants
\$290 for 19-24 participants

Corporate Sports Days

EXERCISE YOUR PASSION FOR SPORT!

Looking for an inspiring environment to get your team together to exercise passion for sport all while having fun? What better way to show your staff appreciation by booking a corporate sports day at the Richmond Olympic Oval. With 2 Olympic sized ice rinks, 6 hardwood courts, and 48,000 square feet of multipurpose space, everything you need for the ultimate team sports day is waiting for you under one roof. Your team will run, jump, pass, and play to improve team cohesion and create positive and memorable team interactions!



COURT PROGRAMS

Exercise your passion for sport

For beginners or pro athletes, our corporate sports days are guaranteed to get your team working together at some of their favourite mainstream and non-traditional sports. Your sports day experience will include our professional sports staff and coaches to lead organized court games to get people active, moving, and working together.

Choose from:

- Basketball
- Table Tennis
- Futsal
- Dodgeball
- Volleyball
- Badminton
- Floor Hockey
- And more!



Games will begin with a guided warm up and skills lesson, followed by organized games and round robins.

PRICES STARTING FROM

90 minutes
 \$150 for up to 10 participants
 \$12/per additional participant

Half & full day options are also available.
 Please inquire for details.



LESSONS & TOURNAMENTS

Hit the ice for a fun and refreshing skate, or take in some pick up hockey, 3 on 3, shinny, or hockey skills lessons.

Figure skate, hockey skate, and short track speed skate rentals are available (limited supplies). Helmet rentals are also available. For smaller groups, rink activities can include private power skating lessons, 3 on 3 hockey tournaments (full gear required), or speed skating lessons.

Please call to inquire about pricing



RECREATIONAL SKATE

Skate & helmet rentals are included.

PRICES STARTING FROM

90 minutes
 \$665 for up to 60 people
 \$735 for 61-100 people
 \$805 for 101-135 people
 \$910 for 136-150 people
 \$980 for 151-175 people

Health & Wellness

CHALLENGE & EMPOWER YOUR TEAM TO FEEL BETTER AND LIVE LONGER

The notion of workplace health and well-being has evolved significantly in recent years. We will provide support to improve overall employee quality of life both within and outside the workplace. Employers who commit to workplace health and wellness will see dramatic results – improve moral, reduce turnover, productivity and ultimately profitability.



WORKPLACE WELLNESS PROGRAMS

Learn more about workplace exercises to stay fit, prevent injury, maintain muscle, and kick start the day! Our certified trainers will customize a program of stretches and movements based on the specific demand of your workplace. Encouraging employees to embrace fitness as a lifestyle choice pays off in numerous ways! In addition, adopting pre work stretches and mobility exercises will reduce work place injuries. Fit employees are less likely to get sick, will have more energy and inspire confidence.

PRICES STARTING FROM

60 minutes
\$150 for up to 10 participants
\$250 for 11-20 participants

WORKPLACE FITNESS CHALLENGES

Workplace Fitness “Challenges” – activities that engage people in becoming happier, healthier, and more energetic at work – are gaining popularity and changing lives at work. Challenges are successful when a supportive, positive climate of fun and camaraderie helps people to adopt or maintain an healthy way of living.

The Oval’s certified trainers will create a team challenge based on a variety of circumstances; including exercise and fitness, nutrition, or/or personal growth. The ultimate goal is to encourage healthier lifestyle behaviours. The net result is an engage and productive workforce that performs at a higher level – everybody wins!

PRICES STARTING FROM

30 minutes
\$100 for up to 20 participants

Oval Group Fitness Classes

GETTING FIT HAS NEVER BEEN SO MUCH FUN!

Bring your team together to enjoy one of our private, catered to you fitness classes. Certified fitness instructors can develop beginner-friendly classes for all ages, or can challenge your experienced team with intermediate or advanced options. You will walk away feeling refreshed and ready to take on the world!



HATHA YOGA

Through guided relaxation and yoga poses, this gentle practice emphasizes the importance of breath and proper posture. Yoga is a great way to improve flexibility, muscle tone, and alleviate stress. All levels welcome.

PRICES STARTING FROM

60 minutes
\$190 for up to 20 participants
Equipment available upon request



INDOOR CYCLING

Done on stationary bikes, this dynamic and fun class will simulate riding various types of terrain, speeds and intensities. Together you will travel down flat roads, up hills, spring, and race; all the while getting motivated by the instructor, the group around you, and of course, the music!

**Although this class is cardiovascular in nature, it is self-paced. Participants are instructed to work at the intensity they feel best suits them.*

PRICES STARTING FROM

60 minutes
\$160 for up to 20 participants



MAT PILATES

This beginner class focuses on the basic fundamentals of the Pilates Method. Developed as a means to help improve posture, Pilates is an effective total body workout that will improve the strength and flexibility in your back, shoulders, hips, and core. No previous Pilates experience required.

PRICES STARTING FROM

60 minutes
\$190 for up to 20 participants
Equipment available upon request



MORNING ENERGIZER

Start your day off on a positive and invigorating series of light exercises and stretches designed to encourage involvement and interaction.

PRICES STARTING FROM

30 minutes
\$125 for up to 30 participants

Meeting & Event Spaces

GET THE INSPIRATIONAL JUICES FLOWING!

From small intimate meetings to larger scale events, the Oval's unique environment can accommodate a variety of setups for AGMs, board meetings, staff training, workshops, and more. Three beautifully finished meetings rooms, three multi-purpose rooms, and a VIP hosting suite are available for rent.



GROUND LEVEL

Our ground level meeting rooms feature built-in audio visual (projector and screen, whiteboard, Blu-ray/DVD player, sound system, and wireless internet), floor-to-ceiling windows, and black out blinds. Each room also has a counter and sink available for your use.



SECOND LEVEL

On the activity level, we have three multipurpose rooms (2005, 2029A, 2029B) that can serve many functions, such as meeting space, break out rooms, event space for parties and small events, as well as for large scale event support rooms. Rooms feature a built in whiteboard and counter and sink.



CATERING

We are pleased to present Anducci's Catering Co. operating out of O Cafe on site at the Richmond Olympic Oval. Anducci's Catering Co. provides event and corporate catering services, available for your event, meeting or birthday party, offering a wide variety of fresh, fun, and healthy meal ideas.

O Cafe is the exclusive catering and food/beverage provider for the Richmond Olympic Oval. For a catering menu and list of services please contact info@ocafe.ca. No outside catering or professionally prepared food is permitted in the facility without prior written approval from the Richmond Olympic Oval.

Contact Us

BOOK YOUR NEXT TEAM BUILDING EVENT WITH US!

There's no event too small or large for us to handle. Contact us today to create the perfect team-building package for your staff.

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