



**THE X**

SCHOOL  
PROGRAMS

*CIRCUIT X*



## ABOUT OUR PARKS

We believe it's important for children to adopt a growth mindset. To build resilience and the skills to persevere through adversity. Physical exercise and fun experiences are needed more than ever for our wellbeing and emotional health.

Envisioned as a unique and diverse adventure destination, Circuit X was designed to deliver fun and action-packed learning experiences for all ages, surrounded by the island's nature. Our Parks are run by a great team of experts, aiming to fulfill Circuit X's promise to provide students with a safe, fun, and challenging experience.

Circuit X facilities span 15,000 square meters of the Hudayriyat Island featuring:

**HIGH ROPES PARK**  
**BMX PARK**  
**SKATE PARK**  
**SPLASH & CLIMB PARK**

# CIRCUIT X

## SCHOOL

### PROGRAMS

Step out of the classroom and onto an adventurous island with your students and fellow teachers.



Explore a unique environment, take on thrilling and educational challenges, enjoy outdoor fun activities like never before!



#### WHAT MAKES OUR SCHOOL PROGRAMS UNIQUE?

When time-tested tools are combined with Circuit X's outdoor experiential learning activities, they help bring out students' natural tendencies while providing opportunities to reflect and promote critical thinking. Our school programs are divided into 3 categories:

- Adventure Park Experience
- Team Building and Collaborative Programs
- Leadership Workshops

Our technique of blending proven training with Circuit X's activities allows students to use what they learn to tackle problems at school and beyond, requiring great collaboration, communication, and teamwork.

Our collaborative activities are geared towards teaching students the value of working and supporting each other at school and in life. Choose from our readymade packages or ask our school experts for a customized program.

# HIGH ROPES PARK

The Ropes Park offers students a place to play, challenge and exceed their limits while having fun outdoors.

Exploring the 3 levels of obstacles at a thrilling height, students build their self-confidence, perseverance, autonomy and gain a sense of achievement, all while having fun.

The Park is surrounded by stunning views of Abu Dhabi skyline and the seashore.



## Highlights of Ropes Park:

- 31 obstacles spread over 3 levels up to 10m high alternating fun, thrilling and challenging activities
- 100m long zipline
- 50ft climbing wall with 3 lanes
- 11m free fall jump

UNLIMITED WATER INCLUDED

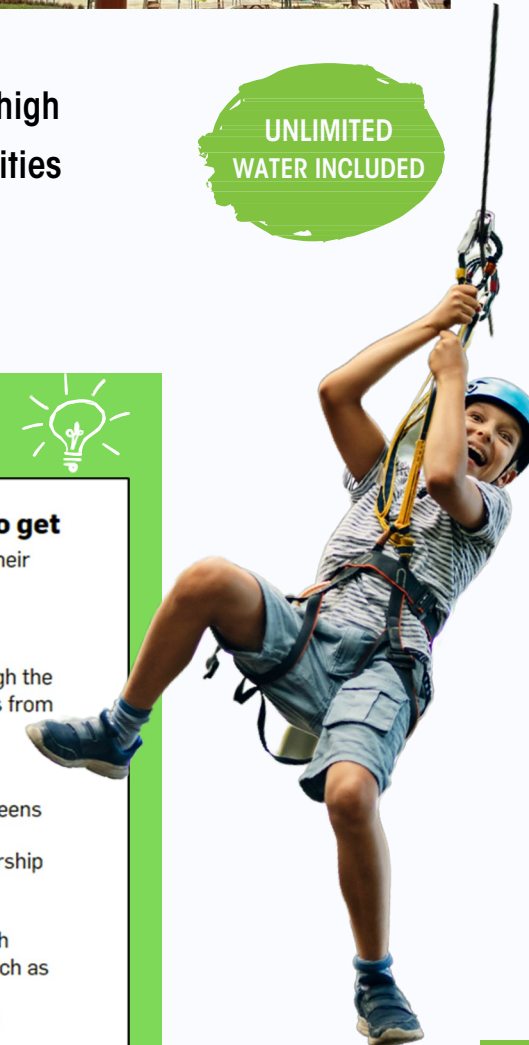
SUITABLE FOR AGE: 6+

## BENEFITS FOR CHILDREN



**An effective way to feed your classroom's motivation is to get the kids outside...**and into an environment that encourages them to use their knowledge and physical capabilities. Here's how:

- 1** The environment is unique, different, fun. It gets everyone working together, helping each other, laughing together.
- 2** Getting students outside and moving offers a great opportunity to shake up the learning platform.
- 3** Engage all their senses, challenge their mind and bodies, and get them thinking more creatively for problem-solving.
- 4** Break down barriers through the self-confidence that comes from conquering a course.
- 5** Expose both children and teens to strong team-building exercises, as well as leadership skills.
- 6** Encourage goal setting with everyone involved, and watch as they thrive on a job well done at the end of the day!



## BMX & PUMP TRACK

Our BMX Workshops are fun, action-packed practicals, designed to empower children, encouraging them to use a growth mindset to push through their comfort zones and self motivate to achieve better times and trick challenges.

**NOTE:** The BMX activity can be combined with the Ropes Park activities to provide a varied and rich experience to the students.

SUITABLE FOR AGES: 6+



### Highlights of BMX Park:

- One of the largest pump tracks in the UAE
- Dirt Bike trail with 15 features including Rollers, Corners, Zig Zags, Twin Peaks, Curved Wall, Slant Wall

UNLIMITED  
WATER INCLUDED

### BENEFITS FOR CHILDREN



- Improves Health & Fitness with full body workout
- Builds confidence, improves coordination and balance
- Growth in skill and speed teaches competition and achievement
- It's fun! Participating in BMX allows you to experience the thrill of facing your fears and mastering new skills.



# SPLASH & CLIMB

Water play is tactile, visual, auditory, refreshing, and fun, all while encouraging physical activity and social interaction. Our Splash & Climb Park infuses every school field trip with new sensations and experiences for children of all ages and abilities.

Children of ages 1-12yrs can participate in structured activities as well as free play in a safe and supervised environment with temperature-controlled water all year round.



### Highlights of Splash & Climb Park:

- Fountains, Tree Sprays, vertical climbing structures
- Dry playground with a pirate ship & ropes
- Special rubber flooring
- Splash pool & Ice Cream shop

UNLIMITED WATER INCLUDED

SUITABLE FOR AGE: 1+



### BENEFITS FOR CHILDREN



- Helps students develop balance, coordination, motor skills, and spatial awareness
- Fosters teamwork, which promotes cooperation and communication skills
- Children learn to be more creative and efficient at problem-solving
- Builds confidence, perseverance and resilience



## SKATE & SCOOTER PARK

The Skate Park is the perfect mix of terrain and challenges for all skill levels: the ramps and surrounding elements have been carefully designed to make the skateboarding experience at Circuit X unforgettable.

When practiced safely and properly skateboarding can be a vehicle for future success as it provides students opportunities to learn the kinds of lessons that may prove to be influential throughout a young person's entire life.

SUITABLE FOR AGE: 5+



### Highlights of Skate Park:

- 3 bowls with varying difficulty
- Ledges, Handrails & Quarter Pipes, Street style walls, Bridges
- Training Area

UNLIMITED  
WATER INCLUDED

## BENEFITS FOR CHILDREN



- Improves Health & Fitness with full body workout
- Builds confidence, improves coordination and balance
- Growth in skill and speed teaches competition and achievement
- It's fun! Participating in BMX allows you to experience the thrill of facing your fears and mastering new skills.



# LET'S BRING YOUR CLASSROOM TOGETHER THROUGH TEAMBUILDING ACTIVITIES!

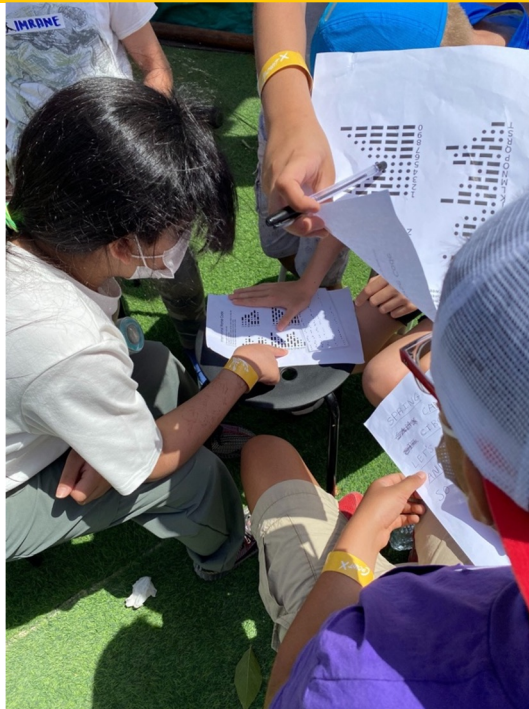
Team building is an incredible opportunity to create a positive, engaging, and enriching classroom where everybody feels connected and important.

This is something to expect and embrace, and then channel into a positivity for the weeks to come. Team building not only provides an excellent way to handle the difficulties that arise in a classroom, but also a way to learn more about each other, engage in the world around us, and get to know ourselves on a deeper level.



## EXPERIENTIAL LEARNING

Experiential learning embraces a range of active approaches to learning which aim to develop individuals' ability to learn from experiences. Circuit X Parks' learning interventions include, program development, delivery, facilitation and debriefing processes



## SENSE OF FUN AND CHALLENGE

Team-building games and activities are a fun way to help students learn to work together, listen carefully, communicate clearly, and think creatively. They also give your students the chance to get to know each other, build trust as a community and, best of all, have fun!





# CIRCUIT X SCAVENGER HUNT

A treasure hunt is all about looking allowing kids to explore in their quest to solve clues. It encourages each participant to be active and to explore. In this game each team attempts to be first in finding hidden items, using written directions or clues.

An educational treasure hunt for children who are still learning literacy could involve threading a ball of string through the house to connect letters, eventually spelling out the location of the prize. For older children, our team makes clues fun using rhymes or riddles

## OBJECTIVE



- Build Problem-Solving Skills;
- Exercise both body and mind;
- Teach Teamwork

SUITABLE FOR AGE: 5+



UNLIMITED  
WATER INCLUDED



## GENERAL CURRICULAR CONNECTIONS



- Language & Spelling: Complex words, memory
- Life Skills: Problem solving, creativity & perseverance.
- Character Building: Overcoming challenges, sense of achievement
- Theme can be tied to any subject in STEM, nature, sustainability

## CIRCUIT X WORD HUNT

The Circuit X Word Hunt is a fun and organized activity that integrates the High Ropes Park circuits into a team building opportunity. Participants split into teams of 8-12 and work as a team to find words hidden throughout our circuits (adapted to age requirement). Each team must wisely use their resources and skills of collaboration and communication to swiftly and safely identify the hidden words. Each word has a varying value. The team has an hour to find as many words as possible with minimal clues. The winning team will be announced and get bragging rights.

SUITABLE FOR AGE: 8+



Word hunts are one way to focus spelling study on patterns within words. Word hunt activities engage students with texts they have previously read so it's a great way to incorporate them into field trips.

Word hunt activities help students make the connection between spelling words and reading words.



### GENERAL CURRICULAR CONNECTIONS:

- Language & Spelling: Complex words, memory and documentation.
- Life Skills: Problem solving, creativity & perseverance. Character Building: Overcoming fears, sense of achievement



UNLIMITED  
WATER INCLUDED



### OBJECTIVE

Effective communication  
Teamwork  
Delegation



# CIRCUIT X QUEST

In order to thrive, students must learn to work together.

How does a team learn the importance of communication, collaboration and trust? During this experiential team-building program, students work through a series of activities and challenges that address various elements, including outdoor survival skills such as Orienteering; Building shelter; Making knots; Using compass and many more.

The group is split into teams of 7-10 that work through a series of low rope activities. As they begin to find a rhythm in their collaboration they unleash the power of creativity and empowerment.

Activities result in learning outcomes related to planning, communication, leadership, problem solving, innovation, as well as individual and team coaching. Throughout the day, facilitators work with the group to process, reflect on and share their experience. Each member of the winning team receives complementary ticket to Circuit X Parks.


**UNLIMITED WATER INCLUDED**



**SUITABLE FOR AGE: 8+**



## GENERAL CURRICULAR CONNECTIONS

- Life Skills: Outdoor survival skills; Orienteering 
- Building shelter; Making knots; Using compass
- Perseverance, collaboration, communication,
- Resource management, strategic thinking
- Character Building: Leadership, Integrity, self-awareness.



**OBJECTIVE**  
Effective communication,  
Teamwork, Delegation

# CIRCUIT X CHALLENGER

Students ages 13-18 will engage in group initiatives and challenges that will focus on teamwork, leadership and communication skills.

Students will participate in a variety of group challenges in a competitive format, that will activate various elements of leadership including problem solving, decision-making and group dynamics.

The concept of communication will be emphasized including the act of conveying information verbally and non-verbally to others using both one-way and two-way communication.

Students will be encouraged to express their ideas, actively participate in the challenges, listen to others and process the experience through observation and debriefing questions.

While competing, having fun and being engaged, the day results in learning outcomes related to planning, communication, leadership, problem solving, innovation, as well as individual and team coaching.

Each member of the winning team receives complementary ticket to Circuit X Parks.

**UNLIMITED WATER INCLUDED**



**OBJECTIVE**  
Effective communication,  
Teamwork, Delegation

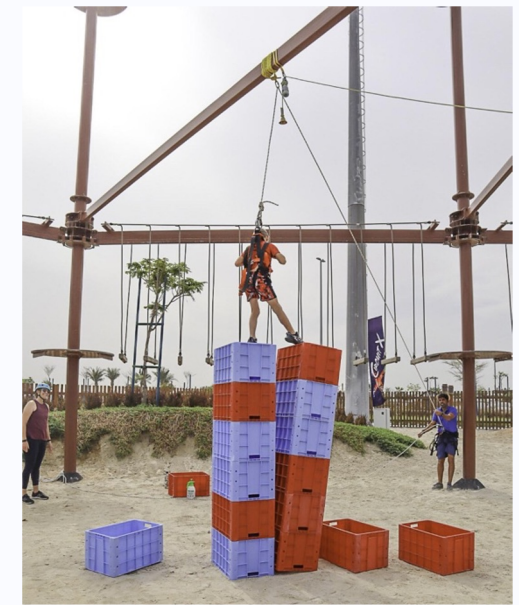
**SUITABLE FOR AGE: 13+**



## GENERAL CURRICULAR CONNECTIONS



- Leadership, Integrity, self-awareness.
- Resource management, strategic thinking
- Perseverance, collaboration, communication,
- Life Skills: Outdoor survival skills; Orienteering;



# STUDENT SELF LEADERSHIP

## 2 Day Blended Learning Program

*1st day: 3 Hours Virtual Session*

*2nd Day: 3 Hour Face to Face Session Combined with Experiential Learning Activities at Circuit X*

This program is based on the premise that tribes work better when they collaborate with each other. The group is split into tribes of 7-10 that work through a series of low rope activities. As they begin to find a rhythm in their collaboration they unleash the power of creativity and empowerment.

In this state-of-the-art Self Leadership program, students will learn how to lead when they are not in charge and how to take action to accomplish their life and academic goals. It will equip them with the skills they need to lead themselves in school, at home, and at work.



**SUITABLE FOR AGE: 8+**



After this course students will be able to:



- Enter the workforce better prepared
- Understand that it's their responsibility to get what they need to achieve, even when they're not in charge
- Communicate better with friends, professors, colleagues, and family
- Understand their level of development and proactively seek the help they need
- Use effective strategies to lead themselves and solve problems
- Utilize their strengths for the benefit of their organization and all involved

### Mindset of a Self Leader



### Skillset of a Self Leader

- 1 Goal Setting**  
Aligning on what needs to be done, when
- 2 Diagnosing**  
Assessing your competence and commitment on a specific goal or task
- 3 Matching**  
Getting the leadership style that provides you with what you need

# REISS SCHOOL MOTIVATION PROFILE®

In addition to providing educators with the knowledge needed to devise successful strategies for promoting a positive mindset, the RSMP helps school counselors advise students about career paths that are likely to foster enduring happiness based on their intrinsic values.

Based on The Science of Motivation®, the Reiss School Motivation Profile® assesses 16 needs relevant to academic achievement, mindset, interpersonal relationships, and career interests.

The results identify possible motivational reasons for academic underachievement, thus enabling school professionals to plan effective interventions tailored to the student's individual needs.



“The RSMP may be used to assess six common motivational reasons for poor grades: fear of failure, incuriosity, lack of ambition, disorganization, combativeness, and lack of responsibility.”

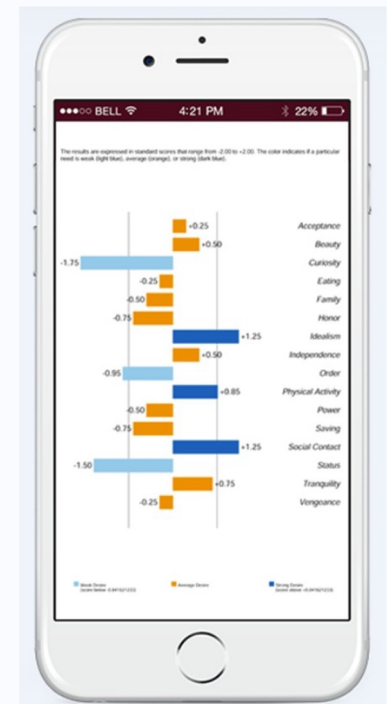
Professor Steven Reiss



## PROGRAM HIGHLIGHTS



- Establish suitable environments and plan meaningful interventions to improve grades, address behavioural concerns and identify potential career choices.
- The Reiss School Motivation Profile® (RSMP) comprehensively assesses the motivations of students.
- Generating insights to drive positive outcomes at any stage of the schooling journey.
- The RSMP is applied to understand a student's learning preferences, how they best perform and what motivates them to shape individual learning experiences.



SUITABLE FOR AGE: 12+



# DID YOU KNOW...

There are unlimited ways you can build a trip to OUR Adventure Park into your lesson plan?



Here are some ways you can get creative with this field trip:

### Physical Education

It's easy to spark their interest in subjects like fitness, health, physiology, and what the human body is capable of when you can get them moving. Explore everything from strength, stamina, heart rates, and more.

### Science

Miss Frizzle and the Magic School Bus doesn't have anything on you; teach them about geology, physics, biology, anatomy, botany, biomechanics... and they'll enjoy this hands-on and "in the field" approach.

### Outdoor Recreational Interests

From an introduction to outdoor program planning to thinking about the role of sports and leisure activities in society these days.

### Conservation

Lead a program that will inspire your class to take action for the things they care about. Discuss how to leave no trace, the role between conservation and tourism-based activities, how to develop a conservation program proposal...that's just the tip of the iceberg.

**CUSTOMIZE YOUR SCHOOL PROGRAM**

Start exploring  
Hudayriyat Island  
Abu Dhabi

# CIRCUIT X ADVENTURE PARK packages



PACKAGE NAME	DESCRIPTION	INCLUDES	RECOMMENDED AGE GROUP / SIZE	PRICE PER STUDENT	
PARK ACTIVITIES ONLY (Park Operating hours only)	High Ropes + BMX Park	The Adventure Park offers students a place to play, challenge and exceed their limits while having fun outdoors. The BMX Park offers fun, action-packed sessions with bikes & helmets provided, designed to empower children, encouraging them	2-3 hours for Extreme Ropes Package: 3 High Ropes circuits with 32 obstacles + Zipline + Free Fall + Climbing Wall + BMX/Pump Tracks	<b>6 – 18 years old</b> Up to 150 students	<del>AED 110</del> AED 85
	Splash Park	Make A Splash In Learning! A trip to our Splash & Climb Park is a refreshing way to bring the classroom to life, just add water!	2-hour full access to Splash & Climb + Pool Park + equipment + coaches	<b>1 – 12 years old</b> Up to 50 students	<del>AED 100</del> AED 85
	Skate Park	If your students love skateboarding, it is a great way to teach them the lessons of patience, practice, and consequence.	2-hour full access to Skate Park + equipment + coaches	<b>5 – 18 years old</b> Up to 50 students	<del>AED 70</del> AED 55
	<b>These components can be added to any field trip, depending on your group requirements and group size</b>				
	Team Building activities	A collaborative activity suitable for each age group, where students go through a series of challenges that address problem solving, collaboration, leadership and other character-building topics.	Suggested duration can be adjusted depending on the groups size + equipment + coaches	<b>8 – 18 years old</b> Up to 150 students	Additional AED 35
	Nature Trail	A hands-on, informal, Hudayriyat Island exploration guided by our coaches that is often described as the best way to engage and inspire children and cultivate a sense of place and a 'sense of wonder.	Suggested duration can be adjusted depending on the groups size + equipment + coaches	<b>6 – 18 years old</b> Up to 150 students	Additional AED 35

**MEAL OPTIONS  
AVAILABLE UPON  
REQUEST**





# CIRCUIT X Team Building packages

PACKAGE NAME		DESCRIPTION	INCLUDES	RECOMMENDED AGE / GROUP SIZE	PRICE PER STUDENT
TEAMBUILDING PROGRAMS	<b>Circuit X Scavenger Hunt</b>	Scavenger hunts allow students to practice problem-solving in a tangible way. Participating in a group scavenger hunt at school or for fun helps teach kids the value of teamwork, in addition to promoting social interaction.	<ul style="list-style-type: none"> <li>• 2 hour Team Competition in any of the CX Parks</li> <li>• 1-hour for Extreme Ropes Package: 3 circuits with</li> <li>• 32 obstacles + Zipline + Free Fall + Climbing Wall</li> <li>• Dedicated Facilitator guides the teams during the</li> <li>• Competition</li> <li>• Team Photo (digital)</li> </ul>	<p><b>5 – 14 years old</b> Up to 150 students</p> <p><i>*Level of difficulty will be adapted to age groups accordingly.</i></p>	<p><del>AED 125</del> AED 95</p>
	<b>Circuit X Word Hunt</b>	A fun and challenging team competition, where students are split into teams and work to find words hidden throughout our High Ropes Park circuits. Each team must wisely use their resources and skills of collaboration and communication to swiftly identify as many hidden words as possible.	<ul style="list-style-type: none"> <li>• 2 hour Team Competition in the High Ropes Park</li> <li>• 1-hour for Extreme Ropes Package: 3 circuits with</li> <li>• 32 obstacles + Zipline + Free Fall + Climbing Wall</li> <li>• Dedicated Facilitator guides the team during the</li> <li>• Competition</li> <li>• Team Photo (digital)</li> </ul>	<p><b>8 – 18 years old</b> Up to 150 students</p> <p><i>*Level of difficulty will be adapted to age groups accordingly.</i></p>	<p><del>AED 145</del> AED 105</p>
	<b>Circuit X Challenger</b>	A team competition game where students are split into sub-teams of 6-10 participants. Teams work through 4-6 activities within 2-3 hours. Teams compete against each other, use different thinking styles, and commit collectively to decisions that impact outcomes.	<ul style="list-style-type: none"> <li>• 3 hour Team Competition in the High Ropes Park</li> <li>• 1-hour for Extreme Ropes Package: 3 circuits with</li> <li>• 32 obstacles + Zipline + Free Fall + Climbing Wall</li> <li>• Dedicated Facilitator guides the team during the</li> <li>• Competition</li> <li>• Team Photo (digital)</li> </ul>	<p><b>8 – 18 years old</b> Up to 150 students</p> <p><i>*Level of difficulty will be adapted to age groups accordingly.</i></p>	<p><del>AED 250</del> AED 150</p>

PACKAGE NAME		DESCRIPTION	INCLUDES	RECOMMENDED AGE /GROUP SIZE	PRICE PER STUDENT
LEADERSHIP PROGRAMS	Student Self-Leadership Program	SSL Program gives students the skills they need to lead themselves at school, home and at work. Students learn the most widely trained leadership model in the world, SLII, and have the opportunity to learn the same time-tested, real-life leadership skills at an early age.	<ul style="list-style-type: none"> <li>1st day 3 Hours Virtual Session</li> <li>2nd Day 3 Hour Face to Face Session Combined with Experiential Learning Activities at Circuit X</li> </ul> <p>After successful completion of this program, Students will receive an <b>international certificate from the Blanchard Institute.</b></p>	<b>12 – 18 years old</b> Up to 50 students	Upon request.
	Reiss School Motivation Profile®	Based on The Science of Motivation®, the Reiss School Motivation Profile® assesses 16 needs relevant to academic achievement, mindset, interpersonal relationships, and career interests. The results identify possible motivational reasons for academic underachievement, thus enabling school professionals to plan effective interventions tailored to the student's individual needs.	In addition to providing educators with the knowledge needed to devise successful strategies for promoting a positive mindset, the RSMP helps school counselors advise students about career paths that are likely to foster enduring happiness based on their intrinsic values.	<b>12 – 18 years old</b> Up to 50 students	Upon request.

**We're here to help you make this day with your class a huge success!**

**Give us a call and let's discuss your goals, needs, and hopes for making this an awesome experience all around.**



CIRCUIT X