



LEARN TO CLIMB 9-12
MARCH 22-26 | 8:30-10:30
AGES 9-12



YOUR SPORT LEADERS:
➤ **Victoria & Alex**

SCHEDULE OF ACTIVITIES

MONDAY: Introduction to climbing fundamentals and get a first chance to climb up the wall!

TUESDAY: A morning of climbing and belaying.

WEDNESDAY: This morning, practice climbing skills that focus on 3 points of contact and pushing with your legs.

THURSDAY: Another day of climbing working on right and left opposition and inside and outside edges.

FRIDAY: The week will wrap up with one last climb up the rock wall, where you will play parkour and ninja warrior.

ITEMS TO BRING TO CAMP:

- **Athletic wear and running shoes.**
- **Water bottle and snacks.**
- **Extras masks!**

A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.