

Get Ready to Rock!

Each five day session will focus on age appropriate rock climbing techniques, skills and safety as well as R.A.M.P (Reaching Athlete's Maximum Potential), a program designed to equip young athletes with the skills and movements to propel their sporting activities to the next level, all in a fun and safe environment.



Enrollment includes a camp T-shirt + 1 day pass for a parent.

Time: 8:30am – 12:00pm, Monday through Friday (one week increments)

Cost: \$265 per child per week

Sign up is required no later than 2 weeks prior to start of session.

Please note: a session may be cancelled if there are not 4 participants registered.

CLIMBING



Bouldering
Top-rope
Climbing Safety
Footwork

SESSIONS

CAMP DATES **AGE GROUP**

CAMP DATES	AGE GROUP
June 14-18	6-9 years
June 21-25	10-13 years
July 12-16	6-9 years
July 26-30	10-13 years
August 2-6	14+ years

R.A.M.P.



Injury Prevention
Improve Strength
Increase Speed
Body Awareness