

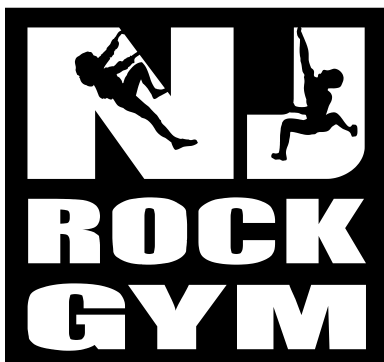
Climbing and Sports Fitness Mini-Camp

February 20, 2012

Presidents Day

Keep your kids from climbing the walls at home.

Bring them to the New Jersey Rock Gym mini-camp for a safe and challenging rock climbing experience. Each day of the program will include rock climbing and sports. The climbing program focuses on proper equipment use, climbing techniques, and safety while building strength, balance, flexibility, concentration, and problem solving. Climbers will experience top rope climbing, bouldering, rappelling, and knot tying. The sports portion focuses on team building through cooperative games and fitness.



For: Boys and Girls Ages 7 to 14

When: Monday, February 20, 2012

How long: 4 hours / 9:30 am – 1:30 pm

Cost: 1 day: \$55.00
**Take \$5.00 off each additional sibling

Includes: 3 hours of instructional climbing and bouldering, 30 min. - lunch break
30 min. sports, team building games, and fitness - All equipment will be provided

Reserve: Complete the form below and send back with a 50% deposit to reserve your spot.
One registration form per child. Cancellation Policy: 10 days prior to date selected for a complete refund, otherwise a credit toward future programs.

Extras: All Participants must complete a waiver form signed by a parent or guardian.
Wear non-restricting clothing. Bring a bag lunch.

Complete and Mail to New Jersey Rock Gym, 373D Route 46 West, Fairfield, NJ 07004

Childs Name: _____ **Age:** _____ **Date Of Birth:** _____

Parents Name: _____ **Home Phone:** _____ **Cell Phone** _____

Address: _____ **Town:** _____ **Zip:** _____

Date Attending: Monday 2/20/2012

Climbing Experience: _____ **Amount Enclosed:** _____

IMPORTANT: Any medical conditions that the gym should be aware of: _____