

New Jersey Rock Gym



# Presidents Day Climbing & Sports Fitness Mini-Camp

373 D Route 46 West, Fairfield, NJ 07004 / 973-439-9860 / www.njrockgym.com

Keep your kids from climbing the walls at home on Presidents Day. Bring them to the New Jersey Rock Gym mini-camp for a safe and challenging rock climbing experience. The program will include rock climbing, sports and fitness. The climbing program focuses on proper equipment use, climbing techniques and safety while building strength, balance, flexibility, concentration and problem solving. Climbers will gain experience in top rope climbing, bouldering, knot tying and rappelling. The fitness portion is all about team building through cooperative games and fitness.

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For: Boys and Girls Ages 7 to 14

When: Monday, February 15, 2010

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.

Reservations: 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-restrictive clothing. Bring a bag lunch.

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Childs Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date Of Birth: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Monday, Presidents Day 02/15

Climbing Experience \_\_\_\_\_ **Amount Enclosed:** \_\_\_\_\_

**IMPORTANT:** Any medical conditions that the gym should be aware of: \_\_\_\_\_