

Climbing and Sports Fitness Mini-Camp

November 8 & 9

During New Jersey Teachers Convention

Keep your kids from climbing the wall; at home when school's out

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



- For: Boys and Girls Ages 7 to 14
- When: Your choice of one or two days
Thursday, November 8 and/or Friday, November 9, 2018
- How long: 4 hours each day/ 9:30 am – 1:30 pm
- Cost: 1 day: \$55.00 Additional Day: \$50.00
**\$50 for Siblings/same family
- Includes: 3 hours of instructional climbing, bouldering, and 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.

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

Parents Name: _____ Home Phone: _____ Cell Phone _____

Address: _____ Town: _____ Zip: _____ Email: _____

Date Attending: Thursday/ November 8 Friday/ November 9

Climbing Experience _____ Amount Enclosed: _____

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

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