



New Jersey Rock Gym

373D Route 46 West, Fairfield, NJ. 07004

Phone: 973.439.9860 Fax: 973.439.9862

www.njrockgym.com

Youth Climbing Programs Fall 2010

New Jersey Rock Gym is now taking registration for our Youth Climbing Programs. We have many different classes available to meet the needs of your child based on their skill level, availability and commitment level.

NJ Rock Gym youth climbing programs are a great physical workout; plus they build self confidence, mental focus, leadership and problem solving skills all in a fun and encouraging environment. We want the very best experience for your child. That is why we select special staff to instruct our youth programs – people who are warm, patient and trustworthy. Our staff and programs make our facility a safe, fun place where your child can meet success.

PROGRAMS OFFERED:

Youth Climbing of America (YCA) Ages: 5-14

The YCA climbing curriculum is an incremental program that grows with the children as they do. New climbers begin with basics of climbing, proper use of hands and feet, balance and weight transfer. Classes are small (no more than four students per instructor) and take place after school and Saturday mornings. One hour class, all equipment included. Progression certificates awarded at the end of each session. Sibling and multiple day discounts available.

New! Classes for ages 5-6 year olds offered on Saturday mornings.

Starts August 30th/ Tuition: \$148.50 per 9 week session

Advanced Technique Class Ages: 10-14

This course will introduce lead climbing to students and progress into more advanced techniques. Classes focus on static and dynamic movements, advanced footwork and maximizing use of the walls and holds. Offered Wednesdays 6-7:30 pm.

Starts September 1st/Tuition: \$222.75 per 9 week session

Jr. Training Program Ages 7-15

YCA students who wish to partake in a more advanced program and work out twice a week. Designed to fully develop the climbing potential of serious YCA students within an accelerated curriculum. Students will be required to attend one, 2 hr. practice per week (Thursday 4:30-6:30 pm) in addition to their YCA class.

Starts week of August 30th/ Tuition: \$146.00 per 4 week

Senior Climbing Team Ages 7-18

This team was created to provide a competitive setting for young, promising and dedicated climbers. The team travels to various indoor rock climbing gyms to compete in regional, divisional and national level events. Head coach of the team is Andy Im. Andy has over 15 years of climbing experience and has an excellent understanding of the sports physiology and training tactics essential to the sport of climbing.

We are pleased to announce our team is currently ranked 7th out of 51 teams for sport climbing and 9th out of 94 teams for bouldering in the country. Currently we have 3 team members who qualified for the United States National team and can represent in United States in International climbing competitions. Over the years our gym has produced numerous U.S. climbing national team members! Students will be required to attend two, 2 ½ hr. practice per week (Tuesdays and Thursdays 5-8:30 pm) Starts week of August 30th/ Tuition: \$168.00 per 4 weeks, includes monthly youth gym membership, along with gear discounts.

Other opportunities for youth to climb in the gym:

Kids Climb: every Sunday from 10:30 am – 12 noon

Experienced rock gym staff is available to belay your child for a safe and challenging experience. For ages 6 and up. Sign up in advance is necessary to reserve your spot.

Cost: \$20.00 for one Sunday session

Private Sessions:

Call ahead and we will make arrangement for a NJRG experiences staff member to be your exclusive belayer. Price: \$30 per hour for one belayer, plus discounted admission pass with gear: \$12 a person. 4 person maximum per belayer

Belay Class: for adults and youths 15 and up

This 2-hour class will give you all the basic skills you need to climb and belay at NJRG: use of equipment, climbing commands, knot-tying, belay set-up and belay and lowering techniques. A great way for parents and children to have fun together. Offered several times throughout the week.

Price: \$40.00, includes a free membership with gear for the week following your class.

Also available: Birthday Parties, Boy Scout and Girl Scout programs and, Group rates for corporate and organizations.

New Jersey Rock Gym
YOUTH CLIMBING OF AMERICA PROGRAM
REGISTRATION FORM

New Jersey Rock Gym presents the highly successful, exciting, and challenging Youth Climbing of America Program for boys and girls ages 5-14.

The next 9-week course at New Jersey Rock Gym starts the week of **August 30, 2010**, and concludes the week of **October 25, 2010**. Students enroll for one or more classes per week by registering for a specific day(s) and time(s). No more than five students per instructor will be enrolled for each day/time slot. Make-ups are provided for missed classes in accordance with NJ Rock Gym policy. Please note that specific YCA classes may be cancelled by the gym if there is insufficient enrollment.

YCA- Ages 5-7
 Select class day and time

Thursday 4:00pm-5:00pm	Saturday 12:10pm-1:10pm
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TUITION FEES (per 9-week session)

	1x/WEEK	2x/WEEK
1 st Child in Family:	\$148.50	\$267.30
2 nd Child in Family:	\$140.50	\$252.90

Tuition does not include a yearly \$35.00 enrollment fee. A deposit of \$50 or payment in full is due upon reservation. Payment of balance due on or before first class.

YCA- Ages 7-14
 Select class day and time

Monday- Friday 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	Saturday 10:00am- 11:00am 11:05am- 12:05pm 12:10 pm - 1:10 pm
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YCA- Advanced Technique
 Select class day and time

Wednesday	6:00 pm -7:30pm
Cost:	\$222.75

For more information, please call 973-439-9860 or visit us on the web at www.njrockgym.com

TO REGISTER, please complete the following form and return with your deposit of **\$50** or the entire course fee to **New Jersey Rock Gym, 373D Route 46 W., Fairfield, NJ 07004**

(detach here)

2010 NJRG Registration Form: Youth Climbing of America Aug - Oct 2010

PARTICIPANT NAME

FIRST MI LAST DATE OF BIRTH / / SEX F M

ADDRESS TOWN STATE ZIP CODE

PRIMARY PHONE SECONDARY PHONE

PARENTS' NAMES

Parents email address

COMMENTS HELPFUL IN PLACEMENT (STRENGTH, COORDINATION, LIMITATIONS, GOALS, ETC.)

CLASS INFORMATION

MON TUE WED THU FRI SAT
 CLASS DAYS (CHECK THOSE THAT APPLY)

 CLASS TIME

NJRG USE ONLY

DEP <input type="text"/>	INV <input type="text"/>	DATE <input type="text"/>
BAL <input type="text"/>	INV <input type="text"/>	DATE <input type="text"/>
WAIVER ON FILE: <input type="checkbox"/> Y <input type="checkbox"/> N		