

Just \$50 per week
All 4 weeks for \$160

Climb North Climbing Camp 4 Big Weeks

Mon-Fri 9-12:00
June 9-11-13
June 23-25-27
July 14-16-18
July 21-23-25

Hey Kids!! You can just climb....or you can learn how to climb like a pro. Get more enjoyment out of your climbing experience by getting the beta you need to maximize your talents and your interests. Get details at the climbing office.



Why should I come to climbing camp?

Climbing increases your body awareness.
Conditioning develops your strength and flexibility.
Being on the wall improves your balance and body control.
Climb North is a cool place to come and meet new friends.

Look Up! Summer Fun is on the Walls at the Gym.
call 412-487-5999
www.jewarts.com

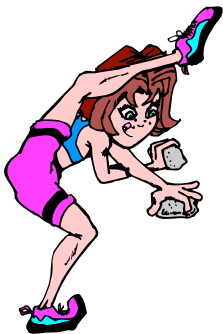
For beginners: Ages 6 to 10

Learn how to stay on the wall and train techniques to make climbing easy.
Learn to identify rocks and how to use them most efficiently.
Work on the slab wall and vertical walls.
Improve your bouldering skills.
Practice stemming, smearing, matching, and locking off.
Learn to tie knots and use the correct climbing calls.

For intermediates: 8 to 12

Improve your footwork and onsite recognition.
Learn to climb overhangs. Improve your technique for roof climbing.
Daily challenges will improve your ability to redpoint.
Learn to use the campus board.

Learn to belay. Learn to tie your own knots
Learn conditioning exercise that can help you improve your
flexibility and strength.



Name _____ Age _____

Address _____ Phone: _____

Check Here: June 9-13 ___ June 23-27___ July 14-18 ___ July 21-25 _____

50% deposit due & signed waiver due with this form. Balance due first class session.

Tuition: _____ Deposit _____ Balance Due _____

Register by May 7th and get a free Climb North T-shirt. Bring a friend and save \$10.