

Beach City Rocks

Southbay's Youth Rock Climbing League FEE: \$100 per month

STONEMONKEYS CLIMBING TEAM

Season Starts Sept –July 2008 3 Month Commitment Join Anytime

First Day of Practice is September 17th 5-7 pm All Ages & Abilities

Normal practices will be Monday & Wednesday

3:30-5:30 9 and under (and all new kids) & 4:30-6:30 Advanced Climbers

Beginners - Advanced Climbers are welcome. Ages 5 +

The Teams will be broken down into teams with different ability levels.

Our coaching staff will be made of season climbers and Volunteers.

Rock Climbing for Youth AGES 6+

Where else can a kid have a great time exercising, building self confidence, and develop teamwork. Your child will learn all of the basics of Rock Climbing, from putting on gear, tying knots, and of course CLIMBING. Classes will meet for 60 minutes each session for 6 weeks. All equipment will be included (Harness, Shoes, & Helmets.)

FEE: \$120, 10 WEEKS: 9/11 - 11/13 Tues 3:30-4:30 9/13 - 11/15 Thurs 3:30-4:30

FEE: \$120, 10 WEEKS: 9/15 - 11/17 Sat 3:30-4:30

FEE: \$99, 6 WEEKS: 9/24 - 10/29 Mon 4:00-5:00 9/26 - 10/31 Wed 4:00-5:00 pm

Rock Climbing For Tots AGES 4-5

This is perfect for pre K and Kindergarten kids. You would be surprised how fearless your kids can be, we will teach them all of the basics of climbing, but most importantly they will have fun before or after they finish school. Don't worry we will slowly get them to the top of the walls; we have lots of activities close to the ground. Your kids will learn to focus, follow rules, and physically become stronger.

FEE \$120, 10 WEEKS: 9/14 - 11/16 Friday 3:30 -04:30 9/15 - 11/17 Saturday 3:30 - 4:30

FEE \$99, 6 WEEKS: 9/28 - 11/7 Friday 3:30 -4:30 pm

Parents & Me Rock Climbing 6 WEEKS AGES 4+

Learn how to Climb with your kids. The course includes all equipment, the parents will be taught to belay, while the kids CLIMB. If your kids can do it, so can you. Get a Great workout while spending quality time with your family.

9/11 - 10/16 Tuesday 6:30-7:30 pm 9/15 - 10/20 Saturday 1:30-2:30 pm

9/25 - 10/30 Tuesday 6:30-7:30 pm 9/29 - 11/3 Saturday 11:30 - 12:30 pm

11/6 - 12/11 Tuesday 6:30-7:30 pm 11/10 - 12/15 Saturday 11:30 - 12:30 pm

ROCK CLIMBING FOR ADULTS AGES 18+

Sick of the gym? Want to get pumped? Ok, here's a program that will boost you into the shape you want at your own pace. We're not talking about Bulging muscles, but developing a tight, toned physic. Climbing will both test you mentally and physically. Meet new people learn a new skill. Climbing can do all of this for you. Learn all of the basics of climbing from putting on your equipment, belaying, and how to move.

Fee:\$120 8 Weeks: 9/11 - 10/30 Tues 6:30 - 7:30 9/12 - 10/31 Wed 7:30 - 8:30

Fee:\$120 8 Weeks: 9/13 - 11/01 Thurs 6:30 - 7:30

9/15 - 11/03 Sat 7:30 - 8:30

FEE:\$99, 6 Weeks: 9/24 - 10/29 Mon 6:30 - 7:30

9/26 - 10/31 Wed 6:30 - 7:30

FEE:\$99, 6 Weeks: 9/26 - 10/31 Wed 7:30 - 8:30

9/27 - 11/01 Thurs 7:30 - 8:30

FEE:\$99, 6 Weeks: 11/07 - 12/12 Wed 6:30 - 7:30

11/08 - 12/13 Thurs 7:30 - 8:30

FEE:\$99, 6 Weeks: 11/12 - 12/ 17 Mon 6:30 - 7:30

11/12 - 12/ 17 Mon 7:30 - 8:30