

# Looking for some summer fun?

## Join us at Canyon Walls

In Partnership with PUSD



4 Half Day Program  
3.5 Hours a day, 4 days a week

– 1 hour Climbing and boxing Sessions –  
Other activities Include: VR, Basketball

# \$150

Summer Session 2022

ages 6-9 June 6 to June 9

ages 10-13 June 27 to June 30

ages 14-18 May 31 to June 3

**NO EXPERIENCE NEEDED**  
**Top Rope Climbing Only**  
**No Live Boxing Sparring**  
**EQUIPMENT PROVIDED**

## BOXING

Learn to use:

Heavy Bags, Double End Bag, Slip Bag, Speed Bag, Proper Footwork with pivoting, Defend punches(Block, Parry, Move Away, Duck, Slip, Roll), Offense 6 types of punches(Jab, Cross, 2 Hooks, 2 Uppercuts ) also learn to wrap hands, hold the mitts and use coaching vest.

9:15 am – 9:25 am

10 Minutes Warm-up and safety

1. Orientation - Gym Safety and Rules/Expectation

2. Jump-rope

3. Dynamic Stretching

4. Intro to Shadow Boxing

9:25 am – 10:05 am

40 Minutes Climbing

1. Footwork Basics(Move forward, back, left, right)

2. Basic Defense(Block, Parry, Move Away, Duck, Slip)

3. Basic Offense (Jab, Cross, 2 Hooks, 2 Uppercuts )

4. Put it all together

10:05 am – 11:15 am

10 Minutes Cool Down

1. Shadow Boxing

2. Jump-Rope

3. Static Stretching

4. Reflection Time

## CLIMBING

Climbers will be introduced to climbing safety skills, challenging themselves, and having fun in our safe, supervised environment. Activities improve self-esteem, social skills, hand-eye coordination, and body awareness.

8:15 am – 8:25 am

10 Minutes Warm-up and safety

1. Orientation - Gym Safety and Rules/Expectation

2. Traversing 5 minutes

3. Dynamic Stretching

4. Put on Harness and Shoes

8:25 am – 9:05 am

40 Minutes Climbing

1. Belay and Fall Lesson

2. Learn climbing terms and vocabulary for the day

3. Applying the lessons learnt to Climbing V0 grade climbs(easiest)

4. Create groups based on ability

9:05 am – 9:15 am

10 Minutes Cool Down

1. Traversing 5 minutes

2. Static Stretching

3. Remove shoes and harness

4. Reflection on climbs



## VR

Fitness and sports games only  
(Boxing, Climbing, Mini-Golf, Football, Ping-Pong, Bowling, Snowboarding)

Play VR games while waiting for climbing and boxing instruction.

## BASKETBALL

Basketball Fundamentals  
Practice dribbling and proper shooting form while waiting for climbing, boxing, or Virtual Reality.