



No Experience Needed
Top Rope Climbing
No Boxing Sparring
Equipment Provided

\$150 to participate
4 Half Days

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

SUMMER FUN

INDOOR 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.

BOXING

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.

VIRTUAL REALITY

Play VR games while waiting for climbing and boxing instruction.
 Fitness and sports games only(Boxing, Climbing, Mini-Golf, Football, Ping-Pong, Bowling, Snowboarding)

BASKETBALL

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

