

## Classes & Lessons Cont'd

### Rappelling 101 .....\$40

On the flip-side, learn to descend a rock face by rappelling. This class covers equipment usage, safety checks, and belaying for a rappeller. Participants will start off inside the main gym and will then have the opportunity to practice their skills on our 120 ft. rappel wall (weather permitting). Reservations required.

- Classes every other Sat., call for dates
- 2:00pm - 4:00pm

### Rappelling Fees • 120 feet

Per Rappel .....\$6

3 Rappels (per person) .....\$16

- March - Oct., weather permitting. Must show proficiency.
- Reservations required (min. 3 persons), call to set up

### Private Lessons . . . \$60 per hour / per person

All of our classes are available as a customized private lesson, call us for more information and reservations.

Complete outdoor class brochure available upon request.  
Upper Limits reserves the right to cancel or reschedule classes as necessary.

## Youth Programs

### Birthday Parties .....\$10 per person

Bring your friends to Upper Limits for an exciting climbing adventure. Parties are assisted by an Upper Limits staff member for the duration of climbing activities. Our party package includes two vertical climbs per person and additional climbing around the base of the gym. The birthday guest will also receive a free t-shirt. Please call two weeks in advance for reservations & ask about our party room rental. Min 6/Max 15

### Kids Summer Climbing Clinics . . . .7-15 yr. olds

Upper Limits climbing clinics focus on safety and are designed to teach kids (7-15 yrs.) about indoor climbing. Our staff teaches the basics of climbing, including equipment usage, climbing techniques, and the importance of trust and communication. Activities include teambuilding games, bouldering, climbing techniques and learning to belay (kids 7-10 years old will have staff belayers). Clinic includes a t-shirt. Call for dates and prices.

### Team ULI. . . . .7-17 yrs.

Team ULI provides a challenging and fun learning environment for kids striving to improve their climbing. Team members are able to develop friendships while learning more about climbing and its competitive side. The season runs October thru March. Team members must provide their own equipment, attend 2 practices each week and compete in competitions during the season.



Chris Lee

## Specialized Programs

Speak with an Upper Limits Manager for more information and for prices/availability; a separate flyer is available upon request.

### Group Discounts

Is your group looking for an exciting activity that builds trust, communication, and encourages personal success? Whether your group is climbing for the first time, or returning for more adventures, Upper Limits is dedicated to helping you achieve greater heights. Group discounts are great for schools, youth groups, scouts, college clubs, sports teams, friends, family and co-workers!

### Portable Climbing Walls

Take your event to new dimensions with our portable rock climbing walls. Whether you are planning a special event, looking for entertainment, or seeking instruction in your community, Upper Limits is committed to providing an exciting climbing experience for people of all ages. The Treadwall, Pinnacle and Cliff are available for events year round. While all three climbing walls are great for large audiences, the Pinnacle and Cliff can accommodate up to four climbers at once.



## Boy Scout / Girl Scout Badges

Upper Limits is dedicated to helping scouts achieve their Climbing Merit Badge / High Adventure Patch through an interactive 3-4 hour course taught by certified climbing merit badge counselors. Scouts are responsible for meeting the requirements as outlined in the appropriate guide book. The class includes equipment rental and a daily climbing pass. Informational packets are available upon request, call for availability of classes. Min age: 11 yrs.

- \$40 / person, \$35 / person for groups of 10 or more
- Sat. & Sun. 10:00am - Finish (about 3-4 hrs.)
- Sat. 4:00pm - Finish (Oct. 1st - April only)

## Upper Limits Team Challenge

Team Challenge is a customized team-building program designed to enhance your group's dynamics by focusing on effective communication, creative problem solving, trust and respect. Low and high ropes activities are combined with facilitated discussions to provide an interactive learning experience. Upper Limits Team Challenge is great for corporate training, sports teams, youth groups, and college organizations. Full-day, half-day, or mini (2 hour) programs are available.

## School Programs

Reach new heights in your physical education curriculum with an activity that involves the entire body from mind to muscle. Climbing encourages trust, teamwork, balance, strength, and mental toughness. Offering a variety of physical education climbing classes for first grade and above, classes can take place at your school with one of our portable climbing walls or at our gym.



Chris Lee

## Discount Nights

Scout Night, Mondays 4-10pm ..... 1/2 Price

Boy and girl scouts who come in wearing their scout uniforms climb for 1/2 price. Groups must make advanced reservations.

College Night, Wednesdays 4-10pm ..... \$10

College students climb on Wednesdays for only \$10. A valid student I.D. must be presented at the time of purchase.

Youth Night, Fridays 4-10pm ..... 1/2 Price

Upper Limits is the place to be on Friday nights! Anyone who is 17 years old or younger climbs for 1/2 price!

## Winter Hours

## Summer Hours

October 1st - April	May 1st - September
Mon, Wed & Fri ..... 4-10pm	Mon ..... 4-10pm
Tues & Thurs ..... 12-10pm	Tues - Fri ..... 12-10pm
Sat ..... 10-10pm	Sat ..... 10-8pm
Sun ..... 10-6pm	Sun ..... 10-6pm

## Climbing Fees

Daily Climbing Pass	.....\$15
Children 10 yrs. and under	.....\$12
Belay Certification	.....\$3
Family Package (for a max. of 4 immediate family members)	
Basic (includes harnesses)	.....\$45
Deluxe (incl. harnesses, 2 belay devices, shoes, 2 chalk bags)	.....\$60
Five Visit Punch Pass	.....\$65
Ten Visit Punch Pass	.....\$110
(punch passes are non-transferable & are good for 1 year)	

## Memberships

### One Month Memberships

Individual	.....\$70 Per Month
Student	.....\$60 Per Month
(students must show ID and current fee statement)	

### 6-Month Memberships Credit Card Debit

Individual	.....\$45 Per Month
Student	.....\$40 Per Month
Family	.....\$75 Per Month
(minimum of 1 parent & 1 child, maximum of 4 members)	

### Yearly Memberships

Individual	.....\$369
Student	.....\$300
Family	.....\$369 1st Adult
	.....\$269 2nd Family Member
	.....\$50 per additional child under 18 yrs.

Ask about our yearly membership benefits!

## Rentals

Harness	.....\$3	Lead Rope	.....\$3
Climbing Shoes	.....\$4	Quick Draws	.....\$1
Belay Device	.....\$3	Gri Gri	.....\$4
Chalkbag	.....\$3	Helmet (optional)	.....\$2
Lock for Lockers	.....\$1	Crashpad	.....\$4
Rental Pkg. (Harness, shoes & belay device or chalk bag)	.....\$8		

Hours and prices subject to change without notice - please call to confirm. 7/2008



Upper Limits Rock Gym  
 1304 W. Washington  
 Bloomington, IL 61701  
 (309) 829-TALL (8255)  
 www.upperlimits.com

## Directions

Take I-74/I-55 to Market St. exit #160. Turn East onto Market St. At Wendy's/Pilot gas station, turn right onto Brown. Turn left onto Washington. We are ahead on the right.



## Policies

All participants must sign an Upper Limits liability waiver & rules agreement. Participants under 18 yrs. must have their waiver signed by their parent or legal guardian.

Climbers 14 years old or younger must be accompanied by a parent or adult guardian at all times unless lessons are scheduled otherwise.

All climbers that would like to belay, or lead climb & belay must show proficiency by passing a belay check. If you are new to climbing, our Rock Gym 101 or Family Class, an introductory lesson, will teach you how to belay (age 11 & up). Reservations are required for classes.

**Upper Limits**  
 Rock Climbing Gym & Pro Shop  
 Bloomington, IL (309)829-8255

Introductory Lessons - Over 20,000 sq. ft. of Climbing - Five 65 ft. Silos, Leadable Stab Wall, Great for Beginners - Aretes, Roofs, Dihedrals & Cracks - Bi-Level Bouldering Cave - Leadable Wave Wall - 110 ft. Outside Routes  
 120 ft. Rappel - 1,700 sq. ft. Outdoor Bouldering Area

## Welcome to Upper Limits

Our mission is to provide a professional, high quality climbing gym that exceeds standards set by the industry, thus providing an enjoyable environment for the community to experience climbing. We emphasize customer service and promote the growth of the sport through a friendly, helpful staff and a variety of classes, clinics and other services. Come and experience the fun and exhilaration of a sport that has exploded in popularity.



Chris Lee

Men, women and kids of all ages enjoy rock climbing and are motivated by new challenges everyday. Contrary to popular belief, you do not have to be in great physical condition or have a lot of upper body strength to climb. Rock climbing is a natural activity that builds the body's strength over time and is ideal for enhancing muscle tone and flexibility. Although it is a great full body work-out, climbing is also a fun and exciting recreational activity.

## Reach new heights...

No experience is necessary to rock climb at Upper Limits. Options are available for families or individuals without any experience: you can walk in anytime to use our autobelay and traverse around the base of the gym. Please call ahead for more information and description of options. For full use of the facility, our Rock Gym 101 or Family Class, an introductory lesson, will teach you how to use the necessary equipment and how to belay for a climber (the safety person on the ground that manages the climber's rope). Reservations and deposit are required for classes.

## Classes & Lessons

### Rock Gym 101 .....\$30

An introduction to indoor rock climbing, with an emphasis on safety. This 2-hour lesson covers knot tying, safety checks, proper equipment usage, climbing commands and belaying for a climber. Includes rental equipment & a daily climbing pass. Ages 15 and up. Reservations required.

- Tues. 6:00pm - 8:00pm
- Sat. & Sun. 10:00am - 12:00pm
- Sat. 4:00pm - 6:00pm (Oct. 1st - April only)

### Family Class .....min. 1 parent & 1 child

An introduction to indoor rock climbing, with an emphasis on safety and preparing families with young children for enjoyable climbing. This 2-hour lesson covers knot tying, safety checks, equipment usage, climbing commands and kids 11 yrs. and older will learn to belay along with the adults. Includes rental equipment & a daily climbing pass. Reservations required.

- \$20 parents & kids 11-17
- \$15 kids 10 & under
- Thurs. 6:00pm - 8:00pm & Sun. 1:00pm - 3:00pm

### Introduction to Rock Climbing:

#### Six Week Class .....\$110

This six-week course teaches the basic skills, techniques, and history of rock climbing by combining the Rock Gym 101 & Rock Gym 102 courses, plus much more. The course is designed for those who are interested in rock climbing and want to learn more than the average beginner. Class meets for two hours once a week for six weeks. Includes instruction, rental gear, and daily climbing passes for the six weeks class is in session. Reservations required.

- Call for class times and dates

### Rock Gym 102 .....\$40

A customized lesson focusing on refining your climbing technique, including footwork, coordination, weight transfer, and mental preparation. This 2-hour lesson enables you to take your climbing skills to the next level and beyond. Reservations required.

- Call for class times and dates

### Lead Climbing 101 .....\$40

Expand your possibilities by advancing to indoor sport climbing. This class focuses on rope care, clipping techniques, lead belaying, and the art of falling. For experienced climbers proficient at top-roping 5.9 - 5.10 routes. Includes rope & quickdraw rental, and a daily climbing pass. Reservations required.

- Classes every other Saturday, call for dates
- 2:00pm - 4:00pm

Classes & Lessons continued on reverse side.