

Summer Climbing Clinics

Upper Limits climbing clinics are designed to teach kids (7-15 years old) about rock climbing. Our staff is dedicated to teaching the basics of climbing, including equipment usage, climbing techniques, and the importance of trust and communication. Each of the daily sessions will encourage kids to find new ways of approaching climbing through age-appropriate group instruction. Each child will finish our climbing clinic with a sense of self-confidence and accomplishment. The cost of the clinic includes an Upper Limits t-shirt. Clinics will fill up quickly, sign up today!

Rock Dwellers: Kids 7-10 years old

Session 1: June 8-11, 1-4 pm **Session 3: June 22-25, 1-4 pm**
Session 5: July 13-16, 1-4 pm **Session 7: July 27-30, 1-4 pm**

Activities are planned daily for the full 3 hours. Activities include: an introduction to climbing equipment, open climbing with staff instructors, climbing technique and games, and team-building activities. Cost is \$90 per child.

Cliffhangers: Young Adults 11-15 years old

Session 2: June 15-18, 1-5 pm **Session 4: July 6-9, 1-5 pm**
Session 6: July 20-23, 1-5 pm **Session 8: Aug. 3-6, 1-5 pm**

Activities are planned daily for the full 4 hours. Activities include: Rock Gym 101 Class - an introduction to the gym, climbing equipment, knot tying, and belaying for a climber, climbing techniques, bouldering problems, team-building activities, and open climbing. Cost is \$100 per child.

Policies

- 1) Upper Limits Liability Waiver and Rules Agreement must be filled out completely and signed by the participants and their parent or legal guardian prior to climbing. This waiver is available from the gym or online at www.upperlimits.com.
- 2) Registration must be accompanied by full payment.
- 3) Registration is on a first come first, serve basis. Clinics are limited to 20-25 participants; we reserve the right to cancel a session if less than 6 register.
- 4) Requests for refunds (less a \$25 processing fee) must be made by the registration deadline. Refunds will not be given for incomplete attendance.
- 5) Climbing shoes are not included in the registration fee. Climbing shoes are optional and can be rented for \$4 per day, athletic shoes will work.
- 6) Terms and conditions subject to change without notice.
- 7) Upper Limits yearly and 6-month members receive \$10 off original cost (excludes additional children discount).

Climbing Clinic Registration Form

T-shirt sizes are child's 10-12, 14-16 and adult: small, medium, large, and extra large (s, m, l, xl).

Parent's name _____ Phone # home _____ Phone # _____ Alt. Phone # _____

Address _____ City, St _____ Zip _____

In case of emergency, call _____ Phone # _____ Relation _____

After the first child, each additional child registered is \$5 off the original cost.

11-15 yrs 7-10 yrs

Child's name	age	size	Cliffhangers	Session #	Dates:
_____	_____	_____	_____	\$100	_____
_____	_____	_____	_____	\$95	_____
_____	_____	_____	_____	\$95	_____
_____	_____	_____	_____	\$95	_____

Rock Dwellers

Total amount enclosed for registration \$ _____ Check (#) _____ Visa _____ Mastercard _____ Discover _____

Charge card # _____ Exp. Date _____

Signature _____ Today's Date _____

Make checks payable to: Upper Limits • 1304 W. Washington • Bloomington, IL 61701 • (309) 829-8255
 Upper Limits • 326 S. 21st Street • St. Louis, MO 63103 • (314) 241-7625

Registration is also available at the gym or over the phone by credit card.

Office use only: Date Received _____ Amount Received _____ Received By _____ Waiver on file: Yes / Mailed / Web