

YOUTH ROCK *n RAGE SUMMER CAMP

How do you make the most of this summer?

Go climbing!

Youth **Rock *n Rage** is a five day summer camp especially designed for youths aged 12 to 17. Each day the climbers learn exciting new aspects of climbing and courtesy, and face challenges in an encouraging and safe environment. The fun starts at the **Crux Rock Gym**. After developing climbing skills and confidence, climbers will move outside to experience climbing on real rock. No experience is necessary to join this group.

INSTRUCTION INCLUDES

- How to rock climb
- Rope & belay skills
- Rappelling
- Anchor building for top rope set up
- Technique for face & crack climbing


GENERAL INFORMATION

Ages..... 12-17
 Class.....5-10 participants
 Length 5 days each camp
 DaysMonday-Friday
 Hours 9 A.M.-1 P.M.
 Where Crux Rock Gym & Skinner's Butte Columns
 Cost.....\$215 per youth/week/camp

YOUTH CAMP DATES 2017

July 17-21 July 24-28
 July 31-August 4 August 7-11

Crux Rock Gym
 401 W. 3RD
 Eugene, OR 97401



CRUX ROCK GYM ROCK *n RAGE



KIDS !

Looking for a wild 'n crazy time this summer? Come out to the **Rock *N Rage** Summer Camps!

PARENTS !

Want to give your kids or teens an extra-special treat this summer (and let them burn off some of that youthful energy)? Our Kids' **Rock *n Rage** Summer Camps are for ages 7 to 12, and our Youth Camps are for ages 12 to 17. Both camps are for any and all abilities; experience is not necessary for any



CRUX ROCK GYM
 401 W. 3rd Avenue
 Eugene, OR 97401
 (541) 484-9535
www.cruxrock.com



KID FAQs

How can I keep from being bored this summer?

Come and have fun at the Crux's **Rock 'n Rage Summer Camp**. Meet kids, do something really cool, and climb on the X-Games wall.

Do I have to go all the way to the top?

Only if you want to....but believe me, you will!

Do we get any cool stuff to take home?

A raging T-shirt, Certificate of Achievement, and lots of wild 'n crazy memories.

PARENT FAQs

How can my child enhance his or her self-esteem?

The nature of climbing is one of overcoming:

- apprehension, fear, indecision.... Kids learn to succeed with the support of their peers and instructors. Our many climbing routes are set for all abilities, sizes, and ages, enabling your child to find a variety suited to his or her abilities.

How safe will my child be?

Our primary concern is your child's safety. Safety and courtesy are the first things your child will learn.

ROCK 'n RAGE AGENDA (Ages 7-12)

MONDAY

- Basic safety instruction and climbing courtesy
- Warm up games
- Climbing instruction
- Walk the balance beam

TUESDAY

- Climbing technique
- Belay skills
- More climbing!
- Rope course

WEDNESDAY

- Rest day
- Go to park for picnic and games
- Bring a sack lunch and sun screen!

THURSDAY

- Experience outdoor climbing!
- Intermediate climbing technique back at the Crux

FRIDAY

- Practice what you've learned
- King Swing!!!
- Awarding of Certificates of Achievement



GENERAL INFORMATION

Ages7-12

Length.....5 days each camp

Days Monday-Friday

Hours 9 A.M.-1 P.M.

* Early drop off is available. Please call in advance for fee schedule and to make arrangements .

Cost \$199 per child/week/camp

Ratio 4 kids: 1 instructor

Bring Sack Lunch

KIDS CAMP DATES 2017

July 10-July 14

July 17-21

July 24-28

July 31-August 4

August 7-11

August 14-18

August 21-25