

# Intro to Rock Climbing

## GROUPS IN THE UMD INDOOR CLIMBING WALL



### HERE'S WHAT TO EXPECT:

Enjoy a session of rock climbing for your group in the UMD Inland Climbing Wall facilitated by our safety-trained, friendly rock climbing instructors.

### WHERE:

We'll meet in the **Lobby** of the Sports and Health Center in front of the Romano Gym. After a greeting and collecting waivers, we'll walk to the Indoor Climbing Wall as a group.

### WHEN:

**5 minutes prior** to your contract time. *(Please note, we are unable to extend your climbing past your scheduled ending time in the event of a late start.)*

### CLIMBING:

We'll spend the first few minutes with introductions, safety rules and putting on harnesses and helmets. *(If your group will belay for each other, instruction will take an additional 20-25 minutes.)* Participants may climb two at a time in the roped area and four at a time in the Bouldering Cave. Two UMD instructors supervise climbing and belaying. At least one adult should plan on helping supervise the Bouldering Cave. All climbers will wear a harness and those 12 years old and under will wear helmets.

### WRAP-UP:

At the session's end, we'll gather the group to talk about what we learned and encourage safe behavior for future climbing.

### WHAT TO WEAR:

Wear clothing that allows freedom of movement. Shoes should lace up, fit snugly and have no open heels or toes.

### COST:

Birthday Parties	\$85 per hour for up to 12 people
Group Climbing	\$80 per hour for up to 15 people

### Explore More with UMD Recreational Sports Outdoor Program:

- Open Swim & Lessons
- Bagley Nature Area Trails
- Rock Climbing Group Sessions & Birthday Parties
- Climbing Open Hours
- Outdoor Skill Outings and Workshops
- Fun & Adventure Day Camps for Kids

Check our website at  
**[www.umdrsop.org](http://www.umdrsop.org)**

### CLIMBING INFO:

For more climbing info or to schedule a climbing program call Kaija Webster at (218) 726-6257.

### GENERAL INFO:

Phone: (218) 726-7128  
Fax: (218) 726-6767  
Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

**The Real Classroom is outside...Get into It!**