



SUN COUNTRY

ROCKS CLASSES

YOUTH RECREATIONAL

AGES 6-18

This class focuses on making climbing a fun sport and conquering fears. The children learn safety, confidence, fitness, and teamwork. This class incorporates conditioning and games making this class a FUNdamental way to learn climbing techniques. Children can join Gecko (beginner) classes anytime, and Monkey (intermediate) classes at the director's approval.



YOUTH COMPETITIVE TEAM

AGES 8-18

Youth Competitive Team is by invitation only. These children focus on mastering Bouldering and Sport Climbing for competition settings. This class works hard to increase strength, perfect technique, confidence, and teamwork. Team members are strongly encouraged to climb outside of practice.

BELAY CERTIFICATION

Belay certification is free of charge with a paid day climbing pass. This class can be taken anytime the rock wall is open.

(Class is between 20-30 minutes)



SUN COUNTRY SPORTS - WEST

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For more information call: (352) 331-8773

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