
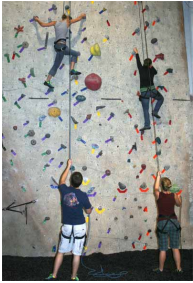




Indoor Rock Climbing

Week 1			
Activity	How many or how long	How many days	Instructions
Indoor Rock Climbing 	45 mins	Total for the week	You've thought about trying indoor rock climbing before, but this month make a commitment to get out there and give it a shot. Search for indoor rock climbing walls in your area. See if there are any lessons that you can take to learn more and try climbing.

Week 2			
Activity	How many or how long	How many days	Instructions
Indoor Rock Climbing 	45 mins	Total for the week	Go climbing one day this week. See if you can get another lesson to learn more about climbing. Rock climbing is a fun combination of thinking (figuring out a good route) and exercise (building your strength).

Indoor Rock Climbing

Week 3			
Activity	How many or how long	How many days	Instructions
Indoor Rock Climbing 	30 to 60 mins	Total for the week	<p>Go climbing one day this week. Ask your local climbing gym if there is someone available to be your “belay” or if your parent/guardian can do it.</p> <p>You do not have to book ahead (but you might want to see if you can), but they recommend that you show up a little early for the time that you want because there are a limited number of people who can climb at the same time and they may fill up very quickly</p>

Week 4			
Activity	How many or how long	How many days	Instructions
Indoor Rock Climbing 	30 to 60 mins	Total for the week	<p>Go climbing one day this week. Ask your local climbing gym if there is someone available to be your “belay” or if your parent/guardian can do it.</p> <p>You do not have to book ahead (but you might want to see if you can), but they recommend that you show up a little early for the time that you want because there are a limited number of people who can climb at the same time and they may fill up very quickly</p>