

Day 1

| Time | Climbing Type | Activity | Description | Counselor | Groups (if necessary) |
|----------|---------------|-----------------------------|--|-----------------|-----------------------|
| 9:00 AM | | Check in | Waiver/RGP/Gear | | |
| 9:30 AM | | Ice breaker | Have each kid introduce themselves via a fun activity | Khi and McKenna | |
| 10:00 AM | | Warm-up | | Khi and McKenna | |
| 10:30 AM | Boulder | Proper body usage, footwork | Introduce kids to bouldering and how to properly utilize the body while bouldering, including footwork and technique. | Khi and McKenna | |
| 11:00 AM | Boulder | Technique work | Have the kids practice footwork and arm technique on their own, with guidance. | Khi and McKenna | |
| 11:30 AM | Boulder | Add-on | Climbing game where you add one move like pig or horse | Khi and McKenna | |
| 12:00 PM | Top Rope | Proper body usage | Introduce kids to rope-climbing and how to properly utilize the body while top-roping, including footwork and technique. | Khi and McKenna | |
| 12:30 PM | | Lunch | | | |
| 1:00 PM | | Lunch/Break | | | |
| 1:30 PM | Auto Belay | More technique | Kids will be taught about slightly more advanced foot techniques | Khi and McKenna | |
| 2:00 PM | Auto Belay | Free climb | Kids will again climb as they see fit, with counselors/staff providing assistance if necessary | Khi and McKenna | |
| 2:30 PM | Auto Belay | Limbo - hula hoop | Counselors will use a stick (or something similar) against lower and lower points on the bouldering wall and the kids will have to find paths to go under that stick without touching it. Whoever goes | Khi and McKenna | |

| | | | | | |
|---------|---------------------------------|--|---|-----------------|--|
| | | | lowest wins | | |
| 3:00 PM | Field Games | Relay Dodge Ball | Endurance training playing dodge ball in the field next to the gym. | Khi and McKenna | |
| 4:00 PM | Kids Choice/Top Rope or Boulder | Top rope - racing; Bouldering - add-on | Kids will line up and race each other on an auto-belay; another group may also play an easy game of add-on on the bouldering wall | Khi and McKenna | |
| 4:30 PM | Stretching | | | Khi and McKenna | |
| 5:00 PM | | Parents Pick Up | | | |

Day 2

| Time | Climbing Type | Activity | Description | Counselor | Groups (if necessary) |
|----------|------------------|--------------------|---|-----------------|-----------------------|
| 9:00 AM | | Check in | Waiver/RGP/Gear | | |
| 9:30 AM | Boulder | Warm up | Basic dynamic stretching and finger exercises | Khi and McKenna | |
| 10:00 AM | Boulder/Top Rope | 4x4s | Kid(s) pick one route to climb 4 times, climbing up and down the route (or as much as they can) | Khi and McKenna | |
| 10:30 AM | Boulder/Top Rope | Free climb | Free Climb: Kids will top-rope as they see fit | Khi and McKenna | |
| 11:00 AM | Auto Belay | Endurance training | Have the kid(s) traverse the top rope wall as far as they can | Khi and McKenna | |
| 11:30 AM | Auto Belay | | | Khi and McKenna | |
| 12:00 PM | Boulder | Buddy climb | Climb like your buddy, buddy gives direction | Khi and McKenna | |
| 12:30 PM | | Lunch | | | |
| 1:00 PM | | Lunch/Break | | | |

| | | | | | |
|---------|----------------------|--------------------------|---|-----------------|--|
| 1:30 PM | Auto belay | Blind-folded buddy climb | | Khi and McKenna | |
| 2:00 PM | Auto Belay | Free climb | | Khi and McKenna | |
| 2:30 PM | Auto belay | DIY tie-dye t-shirts | Have kids bring t-shirt, white or color | Khi and McKenna | |
| 3:30 PM | Cool down / Activity | Climbing jenga roulette | | Khi and McKenna | |
| 4:00 PM | | | | Khi and McKenna | |
| 4:30 PM | Stretching | | | Khi and McKenna | |
| 5:00 PM | | Parents Pick Up | | | |

| Day 3 | | | | | |
|----------|---------------|---------------------------|---|-----------------|-----------------------|
| Time | Climbing Type | Activity | Description | Counselor | Groups (if necessary) |
| 9:00 AM | | Check in | Waiver/RGP/Gear | | |
| 9:30 AM | Boulder | Warm-up | Finger stretches and very light climbing, we want to get those muscles decently warm | Khi and McKenna | |
| 10:00 AM | Boulder | Further techniques: Dynos | Learning the technique in order to dyno properly | Khi and McKenna | |
| 10:30 AM | Boulder | 4x4s | Kid(s) pick an easy route that they can climb 4 times up and down | Khi and McKenna | |
| 11:00 AM | Auto Belay | Infection | Climbers are set loose to traverse on the top rope wall. Either someone is chosen to be it or a counselor will be it and will go after the climbers. Once the climbers have been touched they are out | Khi and McKenna | |

| | | | | | |
|----------|------------|---------------------|--|-----------------|--|
| 11:30 AM | Boulder | Take-away | Kid(s) climb a route and after each turn, a hold is removed and is no longer allowed to be used in that game | Khi and McKenna | |
| 12:00 PM | Boulder | | | Khi and McKenna | |
| 12:30 PM | | Lunch | | | |
| 1:00 PM | | Lunch/Break | | | |
| 1:30 PM | Boulder | Add-on | | Khi and McKenna | |
| 2:00 PM | Boulder | Progress assessment | Have the kids climb something harder than what they usually do | Khi and McKenna | |
| 2:30 PM | Boulder | Wallball | | Khi and McKenna | |
| 3:00 PM | Auto Belay | | | Khi and McKenna | |
| 3:30 PM | Auto Belay | Progress assessment | Have the kids climb something harder than what they usually do | Khi and McKenna | |
| 4:00 PM | Auto Belay | Free climb/time | | Khi and McKenna | |
| 4:30 PM | Stretching | | | Khi and McKenna | |
| 5:00 PM | | Parents Pick Up | | | |

Day 4

| Time | Climbing Type | Activity | Description | Counselor | Groups (if necessary) |
|----------|----------------------|--|---|-----------------|-----------------------|
| 9:00 AM | | Check in | Waiver/RGP/Gear | | |
| 9:30 AM | Boulder | Warm up | Basic dynamic stretching and finger exercises | Khi and McKenna | |
| 10:00 AM | Boulder | More technique: heel hooks and toe hooks | Learning heel hook and toe hook technique | Khi and McKenna | |
| 10:30 AM | Boulder | Free climb | Free Climb: Kids will top-rope as they see fit | Khi and McKenna | |
| 11:00 AM | Auto Belay | Endurance training | Have the kid(s) traverse the top rope wall as far as they can | Khi and McKenna | |
| 11:30 AM | Auto Belay | | | Khi and McKenna | |
| 12:00 PM | Boulder | Buddy climb | Climb like your buddy, buddy gives direction | Khi and McKenna | |
| 12:30 PM | | Lunch | | | |
| 1:00 PM | | Lunch/Break | | | |
| 1:30 PM | Auto belay | Blind-folded buddy climb | | Khi and McKenna | |
| 2:00 PM | Auto Belay | Free climb | | Khi and McKenna | |
| 2:30 PM | Auto belay | Foosball Tournament | | Khi and McKenna | |
| 3:30 PM | Cool down / Activity | Throw Throw Burrito or Throw Throw Avocado | | Khi and McKenna | |
| 4:00 PM | | | | Khi and McKenna | |

| | | | | | |
|---------|------------|-----------------|--|-----------------|--|
| 4:30 PM | Stretching | | | Khi and McKenna | |
| 5:00 PM | | Parents Pick Up | | | |

| Day 5 | | | | | |
|----------|---------------|-----------------------------|--|-----------------|-----------------------|
| Time | Climbing Type | Activity | Description | Counselor | Groups (if necessary) |
| 9:00 AM | | Check in | Waiver/RGP/Gear | | |
| 9:30 AM | Boulder | Warm-up | Finger stretches and very light climbing, we want to get those muscles decently warm | Khi and McKenna | |
| 10:00 AM | Boulder | Technique work | Learn how to use hips while climbing | Khi and McKenna | |
| 10:30 AM | Boulder | Free Climb | Climbing with the Coaches | Khi and McKenna | |
| 11:00 AM | Auto Belay | | | Khi and McKenna | |
| 11:30 AM | Auto Belay | Further technique: flagging | Lean flagging technique | Khi and McKenna | |
| 12:00 PM | Auto Belay | Water balloon fight | Kids should bring a change of clothes | Khi and McKenna | |
| 12:30 PM | | Lunch | | | |
| 1:00 PM | | Lunch/Break | | | |
| 1:30 PM | Boulder | Add-on | Slightly harder game of add-on | Khi and McKenna | |
| 2:00 PM | Boulder | Progress assessment | Have the kids climb something harder than what they usually do | Khi and McKenna | |

| | | | | | |
|---------|----------------------|---------------------|--|-----------------|--|
| 2:30 PM | Boulder | Take-away | Kid(s) climb a route and after each turn, a hold is removed and is no longer allowed to be used in that game | Khi and McKenna | |
| 3:00 PM | Auto Belay | Speed Climb | | Khi and McKenna | |
| 3:30 PM | Auto Belay | Progress assessment | Have the kids climb something harder than what they usually do | Khi and McKenna | |
| 4:00 PM | Stretching | | | Khi and McKenna | |
| 4:30 PM | Goodie bags hand out | | | Khi and McKenna | |
| 5:00 PM | | Parents Pick Up | | | |