

Rockclimbing!!!!



Credit: .25 P.E.
Rosa Hohnstein

Cost: \$125

For students that are interested in rock-climbing, this is your chance!! This intensive will be put together in conjunction with the Alaska Rock Gym. In this intensive we will be learning the basics to rock-climbing in an indoor environment focusing on form, flexibility, balance, and strengthening. We will also be learning proper safety technique for climbing and getting our belay certification, make chalk bags, watch climbing videos, and explore some cross training options all while having fun!!! I am excited to be able to spend time climbing with all of you while we inspire each other to greater heights.