

CAMP ROCKSTAR WEEKLY BREAKDOWN

We are stoked that you are considering signing your child up for Camp Rockstar! The prime directive of this camp is to give campers a fun summer experience while rock climbing. We will maintain a constant sense of the overall enjoyment level and adjust the schedule accordingly to keep the fun level high! Here is a general idea of what each day looks like for our campers.

MONDAY

GOAL: Introduce campers to instructors, each other + gym safety

MORNING

- Meet parents + kids
- Make sure all necessary paperwork is filled out (ECI, Circuit waiver)
- Stretching, icebreakers, and name games
- Tour the gym and go over rules and safety info (pointing out prows and other gym dangers)
- Falling explanation + demo

LATE MORNING

- Snack time (optional)
- Climbing primarily in the kids' area. Instructors gauge campers abilities and play games, separate ability levels, and/or move out into the main area
- Campers put on their street shoes, wash their hands, grab their lunch, and line up for lunch

EARLY AFTERNOON

- Park and lunchtime

AFTERNOON

- Climb for remainder of the day and practice new skills
- Parent pick-up at 2P

TUESDAY-THURSDAY

GOAL: FUN! Lesson of the day and improving each climber's confidence and ability.

MORNING

- Have campers put belongings in cubbies
- Stretching, icebreakers, name games, etc.
- Rule review
- Lesson of the day and climbing or games

LATE MORNING

- Snack time (optional)
- Climbing in kid's area and adult area
- Campers put on their street shoes, wash their hands, grab their lunch, and line up to go to the park

EARLY AFTERNOON

- Park and lunchtime

AFTERNOON

- Climb for remainder of the day and practice new skills
- Parent pick-up at 2P

If the water fight does happen, we will remind campers to bring a change of clothes, swimsuit, towel, and water gun!

FRIDAY

GOAL: FUN! Lesson of the day and improving each climber's confidence and ability.

MORNING

- Have campers put belongings in cubbies
- Stretching, icebreakers, name games, etc.
- Rule review
- Lesson of the day and climbing or games

LATE MORNING

- Snack time (optional)
- Climbing in kid's area and adult area
- Get ready for lunch/water fight

EARLY AFTERNOON

- Park for lunch and water fight

AFTERNOON

- Climb for remainder of the day
- Parent pick-up at 2P

The waterfight is weather dependent, instructors will notify campers/parents if it will take place.

