

ROCK Climbing

LESSON

Saturday, Oct. 29
Noon-1:30 .pm.

Do you want to learn basic rock climbing techniques? *Now is your chance!*
Meet us at the SportRock Climbing Center and achieve new heights!

You will learn these essential climbing skills:

- Put on a harness
- Tie into the rope
- Belay for a partner (*you must pass a Top Rope Belay test to belay on your own*)

Once you pass the test, you may stay at the facility for open climb for the remainder of the day!



Scan the QR code with your
smart phone for access
to the survey or visit

<http://bit.ly/NavyYardFitness>

LOCATION:

SportRock Climbing Center
5308 Eisenhower Ave., Alexandria, VA 22304

COST: \$38.50

All base personnel and dependents 14 years and older.
Register at the Community Recreation Office by **Oct. 21.**

Community Recreation Office at (202) 433-2484
or www.mavymwrwashington.com/commrec

