



## DETAILED BREAKDOWN & SCHEDULE FOR SUMMER 2020 CAMP

MONKEY CLIMBERS : 5 - 7 years old

TUESDAY : 21/7 & 28/7

THURSDAY : 23/7 & 30/7

8:30 - 12:30

SESSION #1 : Tuesday 21/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast.
- 9:00 - 9:30 : WARM UPS
- 9:30 - 9:45 : Introduction to Climbing Camp.
- 9:45 - 10:00 Gear up MONKEYS!
- 10:00 - 11:45 : Climb on MONKEYS! - Vertical Max!
- GAME TIME MONKEYS!
- 11:45 - 12:00 - Cool down.
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : MONKEYS released

SESSION # 2 : Thursday 23/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast
- 9:00 - 9:30 : WARM UP
- 9:30 - 9:40 : Climbing quiz.
- 10:00 - 11:15 : Introduction of holds.

- 11:15 - 11:45 : Cool down + Journal Quiz
- 12:00 - 12:30 : Lunch provided from Outcast
- 12:30 : MONKEYS released.

#### SESSION # 3 : Tuesday 28/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast
- 9:00 - 9:30 : WARM UP
- 9:30 - 10:00 : Climbing quiz.
- 10:00 - 11:45 : Jungle gym time MONKEYS!
- 10:45 - 11:00 : BREAK
- 11:00 - 11:45 : Top Rope fun!
- 11:45 - 12:00 : Cool down
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : MONKEYS released.

#### SESSION #4 : Thursday 30/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast :
- 9:00 - 9:30 : WARM UP.
- 9:30 - 9: 40 : Climbing quiz
- 9: 40 - 10: 40 : Speed climbing.
- 10:40 - 11:00 : Break.
- 11:00 - 11:45 : Intro to Treasure Hunt : lead by Uyen the Pirate
- 11:45 - 12:00 : Cool down.
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : MONKEYS released.

CELEBRATION : Sunday August 2nd : ALL CAMPERS INCLUDED.

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SPIDER CLIMBERS : 8 - 12 years old

WEDNESDAY : 22/7 | 29/7

FRIDAY : 24/7 | 31/7

8:30 - 12:30

SESSION #1 : Wednesday 22/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast :
- 9:00 - 9:30 : WARM UPS
- 9:30 - 9:45 : Introduction to Climbing Camp & Rules of summer camp
- 9:45 - 10:00 Gear on SPIDERS!
- 10:00 - 11:45 : Climb on SPIDERS! - Vertical Max!
- GAME TIME SPIDERS!
- 11:45 - 12:00 - Cool down.
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : Spiders released

SESSION # 2 : Friday 24/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast
- 9:00 - 9:30 : WARM UP
- 9:30 - 9:40 : Climbing quiz.
- 10:00 - 11:15 : Introduction of holds.
- 11:15 - 11:45 : Cool down + Journal Quiz
- 12:00 - 12:30 : Lunch provided from Outcast

- 12:30 : SPIDERS released.

SESSION # 3 : Wednesday 29/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast
- 9:00 - 9:30 : WARM UP
- 9:30 - 10:00 : Climbing quiz.
- 10:00 - 11:45 : Jungle gym time SPIDERS!
- 10:45 - 11:00 : BREAK
- 11:00 - 11:45 : Top Rope fun!
- 11:45 - 12:00 : Cool down.
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : SPIDERS released.

SESSION #4 : Friday 31/7 : 8:30 - 12:30

- 8:30 - 9:00 : Light Breakfast in Outcast :
- 9:00 - 9:30 : WARM UP.
- 9:30 - 9: 40 : Climbing quiz
- 9: 40 - 10: 40 : Speed climbing.
- 10:40 - 11:00 : Break.
- 11:00 - 11:45 : Intro to Treasure Hunt : lead by Uyen the Pirate!
- 11:45 - 12:00 : Cool down.
- 12:00 - 12:30 : Lunch provided by Outcast.
- 12:30 : SPIDERS released.

CELEBRATION : Sunday August 2nd : ALL CAMPERS INCLUDED.

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GECKO CLIMBERS : 13 - 15 years

TUESDAY : 21/7 & 28/7  
THURSDAY : 23/7 & 30/7  
14:30 - 18:30

SESSION #1 : Tuesday 21/7 : 14:30 - 18:30

- 14:30 -18:30 : Light snack in Outcast
- 15:00 - 15:30 : WARM UP
- 15:30 - 15:50 : Introduction to Climbing Camp & Rules of summer camp
- 15:50 - 16:00 : GEAR UP GECKOS!
- 16:00 - 16:30 : Introduction of holds.
- 16:30 - 17:45 : CLIMB ON GECKOS : Minefield
- 17:45 - 18:00 : BREAK for GECKOS
- 18:00 - 18:30 : Group games / cool down.
- 16:30 : GECKOS released.

SESSION # 2 : Friday 24/7 : 14:30 - 18:30

- 14:30 -18:30 : Light snack in Outcast
- 15:00 - 15:30 : WARM UP
- 15:30 - 15:40 : Climbing quiz
- 15:40 - 16:00 Technique & Movement
- 16:00 - 16:30 : Moon board and Top Rope
- 16:30 - 16:45 : Break
- 16:45 - 17:45 : Relay Race
- 17:45 - 18:00 : Cool down.
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- 18:00 - 18:30 : The Perfect Square : group game.
- 18:30 : GECKOS released.

SESSION #3 : Tuesday 28/7 14:30 - 18:30

- 14:30 -18:30 : Light snack in Outcast.
- 15:00 - 15:30 : WARM UP.
- 15:30 - 16:00 : Belaying introduction
- 16:00 - 16:30 : Human Belay experience.
- 16:30 - 16:45 : Break
- 16:45 - 18:00 : Rope Attach game.
- 18:00 - 18:15 : Cool down.
- 18:15 - 18:30 : Group games.
- 18:30 : GECKOS released.

SESSION # 4 : Thursday 30/7 14:30 - 18:30

- 14:30 -18:30 : Light snack in Outcast.
- 15:00 - 15:30 : WARM UP
- 15:30 - 16:30 : Speed climbing!
- 16:30 - 16:45 : Break.
- 16:45 - 17:45 : Top rope Testing
- 17:45 - 18:15 : Group games / cool down.

18:15 - 18:30 : GECKOS released.

Sunday Aug 2nd : Celebration : ALL CAMPERS.