

## INDOOR ROCK CLIMBING



Break out of your comfort zone and go up against the wall with indoor rock climbing! Perfect for people with little or no experience, this dynamic course will challenge you both physically and mentally as you learn the safety systems of belaying, basic knot tying, and basic climbing movement from an experienced instructor. An exciting alternative to a traditional workout, it's a fun way to stay fit, reduce stress, energize your spirit, and build self-confidence.

- Hands-on instruction on climbing in a state-of-the-art facility
- Includes all required climbing gear (shoes, harness, belay device, and helmet)
- Opportunity to develop the skills needed to climb independently

### Your Gift Locations\*

Timonium, Columbia, and Rockville MD

### Availability

Year round, Thursdays, Saturdays and Sundays

### Duration

3 hours

### Essential Information

Minimum age is 14 years old; release forms must be completed for all participants (by parent or guardian for climbers under 18)

### Numbers

Experience for one, in a group of up to 12



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-01-7-A