



Indoor Rock Climbing at Sono Field House

Meet the Rock

Sono Field House members are invited to experience our state of the art climbing wall during one these exciting FREE sessions. A brief instructional component will be provided at the start of the session. All equipment will be provided. Class size is limited so register today to reserve your spot!

Cost – one FREE session for all Sono Field House members

January 14 th 4:00pm-6:00pm	February 17 th 4:00pm-6:00pm	March 18 th 4:00pm-6:00pm
January 14 th 6:00pm-8:00pm	February 17 th 6:00pm-8:00pm	March 18 th 6:00pm-8:00pm

Rock School

These one hour sessions consist of small group climbing instruction designed for novice and intermediate youth climbers. Small class size (5 to 1 climber to teacher ratio) allows participants to learn at their own pace. All equipment will be provided. Class size is limited so register today to reserve your spot!

Cost - \$25 per session

**January 2, 2010 – March 28, 2010 (No class 1/23/10)
Saturdays and Sundays 10:00am-11:00am**

Climbing 101

Designed for new climbers ages 14 and up, this three week class will teach you everything you need to know to climb at the field house. Under the guidance of our professional climbing instructors, you'll learn how to belay other climbers, how to tie climbing knots, how to correctly use all safety equipment, and basic climbing technique. Upon successful completion of the course, participants will be eligible for our "Belay-On" sessions. All equipment will be provided. Class size is limited so register today to reserve your spot!

Cost - \$75 for a three week session

Session One: January 6th, 13th, and 20th	6:00pm-7:00pm
Session Two: February 3rd, 10th, and 17th	6:00pm-7:00pm
Session Three: March 3rd, 10th, and 17th	6:00pm-7:00pm

Belay-On

These 5 hour blocks of open-climbing time are designed for experienced climbers who do not require the assistance of a Sono Field House staff to work the ropes. Participants must be at least 14 years of age, have previous belay experience, and be able to successfully complete a Sono Field House belay assessment before their first climb. Equipment available for rent. Participants are encouraged to register at least 24 hours in advance to secure their spot.

Cost - \$8 for climbing, \$10 one time fee for belay assessment, \$5 for equipment rental

**January 4, 2010 – March 26, 2010 (No sessions 2/5/10 or 2/8/10)
Mondays and Fridays 4:00pm-9:00pm**

**Reserve your spot today by calling one of our Guest Service Coordinators at
(203) 604-9030 or online at www.sonofieldhouse.com**