

## Field Trip!

### Upper Limits Rock Gym & Pro Shop



The downtown location is their longest-standing facility and is literally right next door to Union Station. Whether this is a new experience for you and your children, OR if you know that ***"you just can't wait to climb that wall"***, this is an active adventure that anyone can enjoy.



**WHAT?** An Introduction to Rock Climbing  
\*2 hours of climbing in a private area exclusive to our group.  
\*Equipment orientation and harness rental for the entire group.  
\*Upper Limits staff to assist our group for the duration of climbing activities.

**WHERE?** Upper Limits Rock Gym & Pro Shop, 326 South 21st Street, St. Louis MO. 63103

**WHEN?** Friday, September 28 at 11 a.m. - 1 p.m.

**WHO?** There is no age limit or restrictions - all ages/abilities are welcome. PLEASE do use common sense and discretion for your own family when you anticipate signing up. There will be two employees always present to instruct, guide and assist our group. Also, they can show any parent who would like to participate, how to belay and help their own child/children while they are climbing.

**WHAT?** Wear comfortable clothing suitable for this activity. Either athletic or tennis shoes are just fine...or you may choose to rent shoes that day. There is also other equipment available to rent. The fee includes the harness. In addition, they said if we would like to bring a snack/lunch you may do so as there are some tables and chairs available in the area we will be in.

**COST:** \$15.00 per person for two hours (pay through SHARE)

**NOTE:** Limit of 25 students

**SIGN-UP?** Sign-up is on the SHARE website. Please LOG-IN first!!! That way if you are using Paypal to pay, the website will automatically post it. You may pay with check or cash by getting it to Cathy Mullins at Homelink or sending to: 3675 Montana, St. Louis, MO 63116

**VERY IMPORTANT!!!!** - "Anyone entering the climbing area, whether or not they are climbing, needs a WAIVER on file at the gym. Minors must have a parent or legal guardian fill out a waiver for them." The waiver is available online and must be signed before September 28. Without a waiver you cannot participate.

Go to [www.upperlimits.com](http://www.upperlimits.com) and the waiver can be signed online.