



# TREE CLIMBING DAY TRIP



## What to Look Forward to

- A great full-body workout
- Find balance in nature; physically, mentally, and emotionally
- Self-paced adventure, not a race or competition
- Spectacular views

## What to Bring

- **igned**, pe mis on wa ver
- Loose, comfortable clothing (t-shirts & pants recommended)
- Closed-toe and closed-heel shoes
- Sunscreen, bug spray, water bottle
- A great attitude!

In the event of a medical emergency, the Day Trip Leader carries First Aid/CPR/AED certification, first aid kit, and additional appropriate care will be sought at Aurora Medical Center, Port Washington, WI (approximately 20 minutes, 13 miles).

## When & Where

Wednesdays:

June 17, June 23, June 29

- Mo n ng 9am-12:30pm
- R v dg Nature enter, Saukv ll , WI

## What to Expect

- Saf ty o entation and cl mb ng technique training f om t a ned and x nced facilitator
- A full-body wo kout nclud ng arm , leg , and co
- Amaz ng view as you w ng, n, bounc , and walk amongst the t ee cano y
- A n w connection with the natu al world

