

# GROUPS



## A NEW GROUP ADVENTURE

*The Rock Club* was designed to host any kind of group climbing or adventure activity. In addition to the main walls our facilities include a fully enclosed climbing room with an observation deck. Our observation decks and climbing areas are linked by an elevated catwalk. Our function rooms have movable walls and audio/video facilities to accommodate any kind of event. Whether you want to add rock climbing to your summer camp program or want a new and exciting corporate team building activity, we can design a program to fit your needs! Contact us to plan your next group event!

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## Summer Camp Operators

Indoor climbing at The Rock Club is the perfect addition to your Summer Camp program! Everyone will have an exciting adventure that's fun for all ages and fitness levels. Our fully air-conditioned facility has ample space for groups and is available rain or shine.

Our summer rock climbing programming options range from 2 hours of supervised, fully-facilitated climbing, to a full day of organized activities including climbing, rappelling, group activities and climbing movies with lunch in our private party rooms. We can also schedule lessons and courses ranging from 3 weeks to a full summer! Our professional staff has many years of experience working with children and will ensure that every child has a great experience.

We would be very happy to speak with you about specific programming options that would suit your camp's needs. We offer attractive pricing with substantial discounts for groups and for multiple visits. Our summer schedule fills quickly so please give us a call soon to reserve your spot.



## Corporate/Team Building

Let The Rock Club host your next team building event. Our facility can accommodate groups ranging from 5 to 100 people and our programming can be fully tailored to suit the needs and objectives of your organization. Rock climbing is a great way to build trust between co-workers and allow everyone to overcome personal challenges and feel success. Participants can choose their own level of participation in each activity. All climbing and team building activities are facilitated by fully trained TRC staff members.

### Program Objectives:

- Increase team co-operation
- Develop communication skills among participants
- Establish trust between co-workers through shared challenges
- Cultivate self reliance, confidence, and self-esteem
- Promote responsibility
- Develop interpersonal, listening, and observation skills
- Realize individual strengths
- Develop confidence in problem solving capabilities

### What employees are saying:

*"I overcame my fears and made it to the top with the help of my co-workers."*

*"I didn't know team-building could be so much fun."*

*"I left feeling a lot more confident in myself. I had no idea I could be such a great leader!"*

### What employers are saying:

*"We got the high quality experience at half the cost of previous team building workshops."*

*"Seeing our employees work together to solve problems and to accomplish group goals in a fun, social environment was just what we were looking for. I would recommend rock climbing and The Rock Club to anyone looking for a team building activity for their company."*



## School/Rec Groups

**Send your students to new heights at The Rock Club!** Like most sports, climbing promotes general fitness and strength. However, climbing's unique benefits include:

- Promoting flexibility, balance and core strength
- Cultivating focus, patience and problem-solving skills
- Rewarding and empowering people through individual success and achievement
- Placing men and women on an even playing field

Climbing is a great activity for students of all ages and abilities and The Rock Club is *the* place to do it. All of the programs at TRC work to develop these skills while getting students active in a fun and exciting environment. TRC is the industry leader in the development of student programming and indoor experiential education. We are eager to explore how rock climbing might supplement your current programs or support your athletic and extracurricular activities. Some possibilities include:

- Climbing as an elective or as a module within an existing class or activity program
- School clubs or teams
- School functions, field trips, parties, or events
- Experiential education and teambuilding activities
- Programming for special needs students
- Peer-Mentoring

Our school programming has no minimum group size requirement and is always available. Let us help you get your program going!

Indoor climbing is also an excellent phys ed activity for Home Schooling programs and Recreational Groups. We'll work with you to design a program that meets your needs and your budget.

Join these schools, universities and recreational groups and offer group climbing at The Rock Club!

92nd Street Y	Iona Women's Volleyball	Pleasantville Cottage School
Albert Einstein Medical School	Jacqueline Kennedy Onassis HS	Rye Recreation Rye YMCA
Bronxville High School	JCC Manhattan	Rye Youth Council
Brunswick School	JCC Mid Westchester	Salesian High School
College of New Rochelle	King Low HS	Sarah Lawrence
Eastchester Parks and Recreation	Lewisboro Parks and Recreation	Scarsdale High School
Fordham University	Lyceum Kennedy Elementary	St. Johns University
Fordham Women's Soccer	Mahopac MS	St. Jude's School
French American School	Mamaroneck HS Adventure Club	St.Hilda and St. Hughe's School
Greenberg Academy	Manhattan College Outdoor Club	SUNY Maritime
Greenwich Community Learning Program	Manhattanville College	Thorton Donovan
Greenwich High School Climbing Club	Martin De Porres HS	Town of Bedford
Harrison Recreation	Monroe College	Town of Eastchester Rec
Hudson County Montessori	New Castle Recreation	Village of Mamaroneck Rec.
Iona Prep Climbing Club	New Rochelle Boys and Girls Club	White Plains YWCA
	New Rochelle HS	Yonkers Christian Academy
	North Shore Boys and Girls Club	

## Church & Synagogue

Are you looking for something different to do with your kids? Bring your youth group in for a great team-building climbing adventure. It's a great way for people to get to know each other better and to learn how to overcome challenges. We can host groups of almost any size. We offer a wide range of events from a 1 hour climb time to all night lock-ins.

We'll make sure your event is something everyone will remember! Some of the other groups who've made it to TRC include Calvary Church, Christ Church Choir, Church of Latter Day Saints, Grace Community Church, Noroton Presbyterian Youth Group, Rye Presbyterian Youth Group, Temple Israel, Westchester Jewish Center, Young Israel, and more!!

