

## Kayaking:

Indoor Summits operates an indoor kayaking pool. Now there is no reason to wait to discover the adrenaline rush of kayaking or to brush up on your paddling skills.

There are two levels of classes:

### Basic Pool Class

Learn how to control a kayak while we play exciting paddling games. Students will learn the basic paddling strokes, wet exits and how to enter the kayak in deep water. After completing this class students may enroll for any of the flat-water trips.

Classes are 4 weeks 1.5 hours long.

### Advanced Paddling Class

After completing the basic class and reaching 11 years old, students may continue in this class learning the bracing stroke, rescues, and rolling. After mastering these skills students may enroll in any of the whitewater trips.

Classes are 3 weeks 1.5 hour long.

Please see our website for start dates of each class  
[www.indoorsummits.com](http://www.indoorsummits.com)

## Legal Stuff:

An Indoor Summits waiver must be signed in order to climb, kayak, belay, or participate in any programs or excursions run by Indoor Summits. If under the age of eighteen, the waiver must be signed by a parent or legal guardian. Indoor Summits waivers can be acquired via fax or from the Internet at

[www.indoorsummits.com](http://www.indoorsummits.com).

**Please complete the appropriate wavier for your activity.**

## Expeditions:

### Adult Programs. Ages: 18+

- I & M Canal Kayak Paddle, June 4-5
- Devil's Lake Climbing. July 16-17 or August 27-28
- Whitewater Kayaking: Red & Wolf Rivers, July 9-10 or August 6-7

### Teen Programs. Ages: 13-17

- Smokey Mountains Backpacking, June 18-25
- I & M Canal Kayak Paddle, August 13-14
- Devil's Lake Climbing. July 20-21 or August 20-21
- White Water Kayaking: Red River, July 13-14 or August 16-17
- DuPage River Kayaking, July 7
- Iowa Caving Trip, June 29 or July 28

### Kids' Programs. Ages Vary

- I & M Canal Kayak Paddle, Ages: 10-12, July 26-27
- Devil's Lake Climbing. Ages: 10-12, June 15-16 or August 2-3
- DuPage River Kayaking, Ages: 10-12, July 5
- Iowa Caving Trip, Ages: 9-12, June 11 or August 10

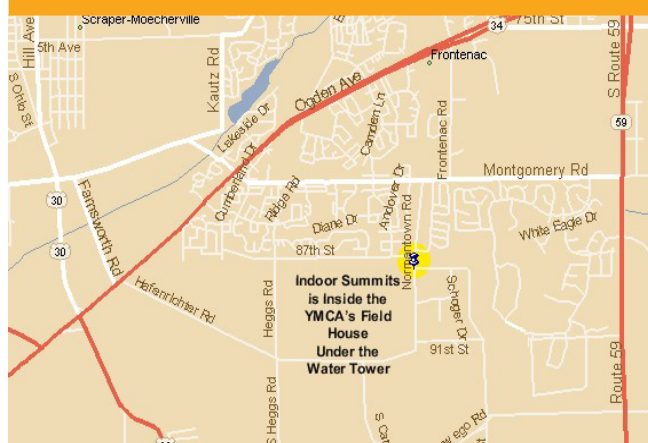
### Family Programs. All Ages

- I & M Canal Canoe & Kayak Paddle July 23-24
- Dupage River Kayaking, July 5

Indoor Summits also offers these custom trips for your group.  
Please contact George about availability and pricing.

Combination Climbing/Kayaking  
Belize Snorkeling  
Backpack Colorado  
Backpack Wind River Range, Wyoming

## Location:



31W290 Schoger Dr. Naperville, IL. 60564  
Tel: Wall 630-585-5100



Rock Climbing Gym

Kayaking Classes

Adventure Race Training

Expeditions

Team Building

Scouting Merit Badges

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## Climbing Gym:

Indoor Summits, Naperville's newest rock climbing gym, offers open gym and private party options. Rock climbing is a sport that exercises your mind and body. It's an over-all experience that conditions your muscles, improves flexibility and coordination.

### Orientation:

Learn the basics of rock climbing including how to put on a harness, tie knots, climbing commands and belay techniques.

Indoor Summits' instructors are experienced with teaching students the necessary rock climbing techniques, skills and safety procedures. All first time user of the wall must take the orientation class.

### Open gym:

Monday - Friday	4-9pm
Saturday	12-6 pm
Sunday	12-4 pm

Prices:	Orientation	\$15.00
	Belay test	\$ 5.00
	Day pass	\$14.00
	YMCA day pass	\$10.00
	Harness rental	\$ 1.00
	Shoe rental	\$ 4.00

## Adventure Race Training:

Indoor Summits has developed a course to teach participants the basics of rock climbing, an intricate and important part of adventure racing. This program is a must if you need to learn the necessary skills of rock climbing. It will help you develop as a team and increase your individual skills.

This essential course will help to put you at the head of the pack!

## Adventure Day:

Students spend a fun filled day participating in adventure based group activities. Our engaging team building programs incorporate rock climbing, kayaking and team building activities. They are designed to promote a greater sense of connection and support for individuals in your group and for the team as a whole.

This 5 hour program is at the discounted rate of only \$30.00 per participant. Please a minimum of 15. We are now proud to offer this program year round.

## Team Building:

Indoor Summits offers team building programs that consist of activities that explore elements of the mental, emotional and physical realm. We understand the value of a challenge and encourage participants to excel to and beyond their comfort zones.

Presented in an innovative indoor environment, participants experience fun activities combined with problem-solving skills that focus on building essential team characteristics. Participants are involved in cooperative activities that encourage:

- Positive communication
- Creativity
- Cooperation
- Peer support
- Self-Confidence
- Goal setting

Indoor Summits joins forces with numerous organizations including park districts, day camps, scout troops and schools. We have specifically created programs that are ideal for students in grades 5 through 12.

Our goal at Indoor Summits is to explore team building through dynamic experiences.

Please contact George to schedule your team experience.

E-mail: [George@indoorsummits.com](mailto:George@indoorsummits.com)  
Tel: 630-357-3633

## Parties:

### Explore a new party experience:

The gym is available in two hour time slots. You can book a party for ten to thirty people. Harnesses are included and optional climbing shoes are available for a small additional cost, price is just \$15.00 per climber and is available during open gym hours.

**Private party gym available for:** Birthday parties, group outings, special events and much more! Have the whole climbing wall to yourself! Cost is only \$18.00 per climber with a minimum of 10 climbers for your 2 hour event.

Private parties will be available:  
Monday – Friday before 4pm  
Saturday 10-12am or 6-8pm  
Sunday 10-12am or 4-6pm

## Classes:

### Youth Climbing Classes

#### **Mt Rainier Climbers** (6-8 year olds)

The basics of climbing stressing non-competitive climbing, students will learn to have fun on the climbing wall, playing games, and cooperating with each other.

#### **Kilimanjaro climbers** (basic climbers)

Start with the basics: learn how to put on the harness, commands, belaying and body movements on the wall. Once all these skills are mastered students move up the mountain to learn more advanced skills. Students will advance to each level with instructor's permission after demonstrating the mastery of above skills.

#### **K2 climbers** (intermediate climbers)

Students learn rappelling, advanced belaying skills, and a variety of knots related to climbing. Students will advance to each level with instructor's permission after demonstrating the mastery of above skills. Students are now allowed on outside climbing trips.

age 10+

#### **Everest Climbers** (advanced climbers)

Students learn use of ascenders, belaying with ATC, how to tie own harness, set routes. After demonstrating the mastery of above skills, students will be able to assist at the climbing wall.

age 13+

### Preschool Climbing

Is your preschooler making you climb the walls? Well get back at them by making them climb our walls at Indoor Summits the new climbing gym in the Field House. Need to be accompanied by an adult.

Please see our website for start dates of each class  
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