



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

- **Signed**, permission waiver
- 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 14, July 5, July 19, August 2, August 9
- Mornings 9am-12:30pm
- Riveredge Nature Center, Saukville, WI

What to Expect

- Safety orientation and climbing technique training from trained and experienced facilitators
- A full-body workout including arms, legs, and core
- Amazing views as you swing, spin, bounce, and walk amongst the tree canopy
- A new connection with the natural world

