

# Rock Climbing/Rappelling

Monday, January 18, 2010

Martin Luther King, Jr. Day

Travel south for a day spent top-rope climbing and rappelling with the option of high and low relief routes. This activity is designed for the beginner climber; no experience is necessary.



**What to Wear:** Sturdy shoes (tennis shoes are fine), brimmed hat, loose fitting clothes that allow freedom of movement.

**What to Bring:** A daypack with 2 quarts of water and a sack lunch.

**Where to Meet:** 7:00 a.m. in the Show Low Aquatics Center parking lot. We will return to the Aquatics Center by 5:30 p.m.

**How to Register:** Register online or by phone by January 11. Online registration at [www.showlowaz.gov/recreation](http://www.showlowaz.gov/recreation) (click on White Mountain Youth Leadership).

**Required Pre-Climb Session:** Show Low High School gym, 3:00 p.m.

WHITE MOUNTAIN



YOUTH LEADERSHIP

Contact Meckenzie for more information at [WMyouthLeaders@gmail.com](mailto:WMyouthLeaders@gmail.com) or call (928) 532-4047.

White Mountain Youth Leadership is an outdoor recreation and education program for youth ages 11-18 being conducted with the cooperation of: University of Arizona Cooperative Extension, USDA Forest Service - Kids in the Woods, City of Show Low, and the Yellow Jacket Youth Center.

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