

HOURS

Monday - Saturday 10 am - 10 pm
Sunday 10 am - 6 pm

Go to www.verticalendeavors.com for holiday hours

CLIMBING FACILITY

Located inside LifeTime Fitness Warrenville, Illinois

28141 Diehl Road
Warrenville, IL 60555
Phone 630-836-0122
Fax 630-836-0132

OTHER VE FACILITIES

Duluth, MN Phone 218-279-9980
St. Paul, MN Phone 651-776-1430

WEB SITE & E-MAIL

www.verticalendeavors.com
info@verticalendeavors.com

BUSINESS OFFICE

845 Phalen Boulevard
St. Paul, MN 55106
Phone 651-209-0640
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AFFILIATIONS



VERTICAL ENDEAVORS

INDOOR ROCK CLIMBING



WARRENVILLE, IL

630-836-0122

www.verticalendeavors.com

Vertical Endeavors, Chicagoland's Premier Indoor Rock Climbing Facility, offers the best indoor climbing experience in the nation. The facility offers 18,000 square feet of Nicros built climbing surface, the largest display of climbing walls molded from real rock in the world. From beginner to pro, participants of all ages can climb any time of the year in any weather. There is even a wall designed specifically for families and children that offers whimsical shaped holds for the kid in all of us. The wall abounds with butterflies, squirrels, mushrooms, snakes and other fun shapes that are hand sculpted just for kids.



With over 60 top rope stations on walls 30 and 40 feet in height, a lead climbing area, cracks, overhangs, pockets, chimneys, two huge overhanging arches and two bouldering areas, this facility is a must see! Fitness enthusiasts can easily incorporate climbing into their training regimen without the need for a belay partner by using 21 Auto-Belays.

At Vertical Endeavors we offer: lessons, parties, corporate team building programs, group programs, outdoor guided adventures, kids and family programs, rock climbing day camps, a complete pro-shop and rental equipment.

Vertical Endeavors' professionally trained staff is committed to inspiring individuals in the pursuit of their climbing goals. Our mission is to create a climbing experience that is exciting, challenging and rewarding. Climbing at this facility will improve strength, balance, flexibility and self-confidence. To use the facility you can purchase a membership or pay a daily entry fee.

DAILY ENTRY

Daily Entry Fee \$15
Ten-Visit Punch Card \$120

PLEASE NOTE: Walk-ins are welcome; a membership is not required to use the climbing facility.

MEMBERSHIPS

Monthly Memberships

Three Month \$189
Six Month \$249
Family Three Month \$299
Family Six Month \$449
Student 3 Month \$149

Yearly Memberships

Individual \$469
Family \$469 for 1st adult
\$299 for 2nd adult
\$99 per child under 18 yrs
Unlimited Family \$799 unlimited family members

RENTALS

Rental Package \$10
Climbing Shoes* \$ 4
Harness* \$ 4
Belay Tool (tuber with carabiner)* \$ 4
Belay Tool (Grigri with carabiner) \$ 4
Chalk Bag* \$ 4
Helmet \$ 1

* Included in Rental Package

POLICIES

Waiver Policy

All participants must sign a Vertical Endeavors Liability Waiver and Rules Agreement (available on-line). Participants under 18 years old must have the forms signed by their parent or legal guardian.

Belay and Lead Belay Climbing Policy

All climbers that would like to belay, lead belay or lead climb must pass belay and lead checkouts by showing proficiency in each. Belayers and lead climbers must be at least 14 years old. If under 14 and in a supervised VE kids program, kids must have a backup belayer. A short checkout is also required in order to use the Auto-Belays.

Age Policy

An adult must accompany children under 12 years old unless other arrangements or lessons are scheduled. There is no age requirement to climb at Vertical Endeavors, however belayers must meet the above criteria.

Pricing

Prices and programs subject to change without notice. Vertical Endeavors accepts cash, check or credit card.



LESSONS

The price for all **scheduled** lessons is as follows:

Cost	Members	\$20
	Non-Members	\$30

Basic Climbing Safety

This introductory lesson is designed to introduce newcomers to the exciting sport of rock climbing. The lesson covers knot tying, belaying, rope management skills, the use of technical equipment and climbing commands. Emphasis is placed on the skills needed to climb and belay in a controlled environment. With approval of the instructor, participants are welcome to stay after the lesson to practice climbing with a backup belayer. Ages 14 and older.

Offered	Monday	7 - 9 pm*
	Saturday	Noon - 2 pm*

Movement and Technique

After mastering the art of belaying, the “next step” is to learn the proper techniques to maximize performance on the wall. In this class students learn the basics of balance, body position and footwork. These techniques will enable participants to conserve strength and climb efficiently.

Offered	Saturday	2:30 - 4:30 pm*
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Sport Lead Climbing

Sport Lead Climbing is one of the most exhilarating activities in climbing, challenging the mind, body and spirit. This lesson teaches students the proper skills to enjoy lead climbing. Topics covered include proper and efficient lead belaying, how to clip into protection, lead climbing techniques and the art of falling while leading. The pre-requisite for this class is that students are climbing at a 5.9 level on top rope.

Offered	Thursday	7 - 9 pm
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* **NOTE:** Lessons may run short depending upon class size.

Private Lessons

A private lesson provides the direction, structure and content to refine one's climbing skills. Customized lesson topics range from training and stretching to advanced movement techniques and crack climbing. Improve your climbing skills by reserving time for a private lesson. Individual private lessons are \$50 per hour plus daily entry fee.

CLINICS

Vertical Endeavors offers a variety of ongoing clinics. Examples of clinics we offer are “rappelling,” “ascending,” “movement and technique” and “escape the belay.” If you have additional clinic ideas or other topics you'd like to see covered, let us know! Check postings at the facility or the website at www.verticalendeavors.com for a current list of clinics.

CUSTOM GROUP EVENTS

Looking for a special adventure? Let Vertical Endeavors customize your group outing. VE offers lock-ins, after hours climbing, youth group retreats, and other specialty events. Call for details, availability, and pricing.

SCOUT BADGEWORK PROGRAMS

Boy Scouts* This five hour class covers all of the material required to fulfill the Climbing Merit Badge with a focus on fun and safety. To participate, we recommend that scouts be 12 years old and have earned their First Aid Merit Badge.

Girl Scouts* The four hour class for Juniors covers the material required to fulfill parts of the Sports Sampler and Adventure Sports. The class for Cadette and Senior Girl Scouts is five hours in which the girls will work on the High Adventure Interest Project Patch.

* **NOTE:** While the classes cover the material required to fulfill the mentioned badges, VE cannot guarantee that each participant will learn the information required to meet the standards of the badge. Call for details and to schedule your troop.

Cost \$34.99–\$39.99 per scout

Outdoor Climbing at Devil's Lake, WI

Okay, you've learned to climb indoors—now imagine the thrill of climbing outdoors on real rock! Your group can enjoy an unforgettable outdoor rock climbing trip to Devil's Lake, Wisconsin. Devil's Lake is one of the most coveted rock climbing destinations in the Midwest containing 130 plus routes ranging from beginner to expert. Our highly qualified and experienced VEGA guides can help take your group to the edge of adventure.

• Minimum of 10 climbers

Cost \$89 per scout

GROUP EVENTS

Is your group or organization at a loss for its next activity? At Vertical Endeavors, your group will experience climbing in a controlled, professional environment. Whether trying climbing for the first time or returning for more fun, climbing is an exciting and challenging activity for any group! Perfect for schools, youth groups, scouts, colleges, friends and co-workers. Group rates include the harness and belay tool rental as well as instruction. Advance reservation and deposit required. Outdoor group climbing events also available. REMEMBER: a signed waiver is required for all participants. Call for Special School Pricing.

Cost Weekdays \$16 Weekends \$18

LOCK-INS

Join us for an all-night adventure at Vertical Endeavors! Our lock-ins are perfect for scout troops, church groups, youth programs, student functions or any other group looking to “rock” the night away. Lock-ins include private after hours access to Vertical Endeavors, basic equipment rental, and staff facilitation for the entirety of the event. Our program will test your endurance and stamina, so bring your energy and join us for a night on the walls. Call for reservations.

• Advance reservation and deposit required.

• Minimum 15 climbers.

Offered:	Friday	10 pm - 7 am
	Saturday	10 pm - 7 am

Cost: \$65 per person

CHILDREN'S PROGRAMS

Summer Camps

Vertical Endeavors' summer camp program provides a fun-filled experience for campers of all ages! Your child will leave camp with a sense of self-reliance and accomplishment, as well as a deeper respect for safety in the sport of rock climbing.

Base Camp, for ages 6-9, will teach your child the basics of indoor rock climbing. No experience is necessary. Activities include cooperative group games, top-rope climbing, knot tying, rappelling and climbing games.

Peak Experiences, for ages 10-12, will teach your child how to improve indoor rock climbing and belaying techniques and build on any previous climbing experience. Activities include knot tying, belaying, rappelling, ascending and daily technique and movement clinics. This program provides children the opportunity to bring their climbing skills to the next level.

In **High Summit Adventure**, for ages 13-16, your teen will learn the fundamentals of advanced climbing and rope management skills that could be used in indoor or outdoor climbing, during rescues or on longer climbs. Activities for this program include daily technique and movement classes designed to bring your teen's climbing skills to the next level as well as a variety of mini-clinics designed to advance their rope management skills and technical knowledge.

NOTE: Both Full and Half Day options are available for all ages.

Fall, Winter, Spring and Mini-Camps

Vertical Endeavors offers a variety of camp programs during various breaks from school as well as different “teacher in-service” and “conference” days. Check out the website, postings at Vertical Endeavors, or the paper insert in this brochure to learn about upcoming camp programs at your facility.

VE Climbing Teams

Climbing Team is a unique ten week experience that will allow your child to become an independent, responsible, strong, and respectful climber. Our goal is to create better climbers socially, mentally, and physically. Climbing Teams are a place where young climbers work hard and practice their art. We are a team because no climber can do this alone. Call for session dates and times.

BIRTHDAY PARTIES

Tired of the same old cake and ice cream? What better way to celebrate your birthday than to climb with your friends in a fun and exciting environment! The party consists of two hours of rock climbing, with other games and climbing activities thrown in for fun. Rates include harness rental, an instructor, birthday banner, balloons, invitations, and a birthday gift. With eight or more paying climbers, the birthday person climbs for free!

• Advance reservation and deposit required.

• Required to pay for a minimum of 8 climbers.

• Party table available. Call for details.

Cost Weekdays \$16 Weekends \$18

NEW HEIGHTS

TEAM BUILDING AT ITS FINEST

Vertical Endeavors' *New Heights* programs combine team building initiatives with an energetic climbing experience. Each *New Heights* program can be customized to suit the needs, abilities and goals of the group. Activities are designed to challenge the group's collective resources and experiences to arrive at new and creative solutions. Initiatives utilized in *New Heights* events help groups form a stronger sense of communication, trust, collective problem solving, and help everyone recognize the need to work together to reach common goals. Whether you're looking to foster stronger bridges between people or simply help a group of individuals to “gel,” *New Heights* team building and climbing programs can get your group moving in the right direction. Call for reservations.

• Advance reservation and deposit required.

• Minimum 15 climbers.

Cost	2 hour program - \$25 per person
	3 hour program - \$35 per person

VERTICAL ENDEAVORS GUIDED ADVENTURES: VEGA

If you're excited about outdoor climbing, then VEGA has the answer for you! **Vertical Endeavors Guided Adventures** offers year round outdoor climbing on both rock and ice. We offer climbing lessons as well as guided trips for both beginners and experienced climbers alike. We offer exciting adventures to local hot spots in Minnesota and Wisconsin, as well as to areas outside the region such as the Red River Gorge in Kentucky and the Red Rock National Conservation Area outside Las Vegas. If you're looking to summit one of the fifty “classic climbs” in America, we even guide people to the summit of Devil's Tower in Wyoming. All programs are lead by experienced Vertical Endeavors guides. No matter what your outdoor climbing needs may be, VEGA is the answer!

LIFECRIMB™

Vertical Endeavors has created a fun, new workout that can be added to a circuit or free weight program to provide fantastic results while climbing. There are several different levels of this program. Talk to a staff person to get an orientation to this great workout program.

MORE INFORMATION

For more information and for pricing, check out our website at www.verticalendeavors.com, give us a call, or refer to one of our specific program brochures (*New Heights* or VEGA) that are available at Vertical Endeavors.