



Explore Latitude Climbing + Fitness
1830 Lindsay Ave Norfolk, VA 23504
www.latitudeclimbing.com
 or 757-347-1441



Price: \$20 includes all day pass, rental gear and patch.

Parents: Must fill out the waiver ahead of time for your child and yourself. Anyone in the gym, regardless of their participation level, needs to have a waiver on file. Waivers are located on our website www.latitudeclimbing.com or can be completed at the gym on the iPads. Thank you for understanding! No reservation needed. Come anytime. After you check-in, the staff will take you on a mini tour of the gym. Pay close attention to the safety information discussed inside the rock climbing area.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL # OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

DISCOVER

- What type of rock climbing is offered at Latitude? How is it different from other types of rock climbing?
- Identify 3 different types of holds. Why are they shaped differently?
- What is the difference between a beginner climbing shoe and an advanced climbing shoe?
- Why are some chalk bags big and some chalk bags little?
- What are some healthy ways to hydrate during exercise?
- Protein snacks, such as RX Bars and Muscle Milk, are offered at Latitude. What do you think makes these snacks healthy to eat after exercise?

CONNECT- questions for your instructor or group facilitator

- When you are rock climbing, do you find yourself using your arms more than your legs? Or your legs more than your arms? Or everything equally?
- What type of rock climbing will be offered in the Virginia Beach location?
- What type of equipment is needed when someone rock climbs outdoors?
- What part of the body is used for a heel hook?
- Describe how to properly fall when climbing.
- What is the grading system used at Latitude?
- Describe the differences in roped climbing grading systems versus bouldering grading.

TAKE ACTION

- Research the conservation non-profit that helps maintain outdoor spaces for rock climbing and share this information with others.
- Research and report on what types of rock climbing will/were featured in the 2020 Olympics and two American climbers who are on the Olympic team. Share this information with others.
- Watch a video of [Ashima Shiraishi](#), and share with others what you learned about her.
- Watch a video about [Margo Hayes](#) and share with others what you learned about her.
- Name two American climbers for Olympics.
- Share with other troops or groups about your experience at Latitude by making a scrapbook or hosting a question and answer session.
- Check out a Guide Book (available in the retail section) - what do you notice about how the book is organized? Why might you use a book like this?