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7 in Heaven

631-592-9804 · www.7-in-heaven.com



ROCK CLIMBING Beginner Indoor Lessons

Island Rock *Newly Renovated*

60 Skyline Drive
Plainview NY 11803 ([map](#))

SUNDAY, Nov 12th 2017
Arrive at 11:30am

ALL AGES ALL Skill levels, first-timers welcomed

Rock Climbing is an excellent fun way to get / stay fit while making some new single friends!

This will be an introduction to the sport with walls to climb for every ability. 1 hour of supervised climbing one instructor for every 8-10 persons signed up. Learn about partner "Belaying", safety, tie knots and more.

WHAT TO WEAR SNEAKERS a must for all

Ladies- leggings or sweat pants, long sleeve shirts, w/ tank tops under (*it is cold until you warm up*)

Men - sweats or long shorts, tee shirts

COST is 32.00 includes professional instructions supervised lesson in small groups of 8-10, 1 hour of climbing time, all equipment needed *Also included Refreshments/ Mingle after*

[Buy Now](#)

[Click here to pay \\$32 reserve](#)



CASH OPTION with RSVP is \$37.00

CALL Gail: 631 592-9804 EMAIL : gail@7inheavensingles.com

FIRST TIME? Sign up HERE