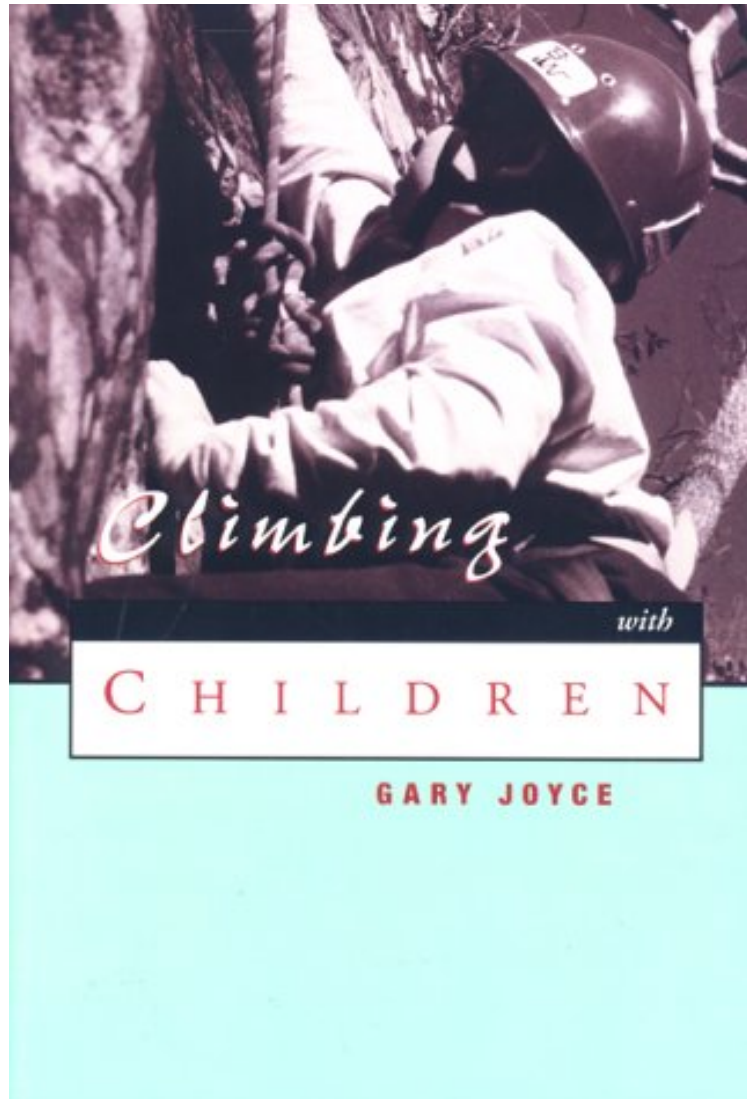


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Climbing with Children

Gary Joyce

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Gary Joyce : Climbing with Children before purchasing it in order to gage whether or not it would be worth my time, and all praised Climbing with Children:

Written by a parent for parents, Climbing with Children shows how to have fun climbing with your kids while ensuring a safe outing. Not just another book on rock craft, this guide examines the special concerns present when children climb, from preparing their bodies and minds to managing them at the cliffs. You'll also learn about stretching

techniques, pre-climbing exercises, climb selection and setting up top-ropes. Whether you are a parent, guardian or counselor, if children and climbing are in your life, this book will get you started. With a few pieces of equipment and your favorite crag, you and the kids can be climbing in no time.

From the Back Cover Written by a parent for parents, *Climbing with Children* shows how to have fun climbing with your kids while ensuring a safe outing. Not just another book on rock craft, this guide examines the special concerns present when children climb, from preparing their bodies and minds to managing them at the cliffs. You'll also learn about stretching techniques, pre-climbing exercises, climb selection and setting up top-ropes. Whether you are a parent, guardian or counselor, if children and climbing are in your life, this book will get you started. With a few pieces of equipment and your favorite crag, you and the kids can be climbing in no time. (6 x 9, 160 pages, illustrations, bw photos)