

CLIMBING

We'll help you reach new heights in your wellness journey.

Climbing walls are great for adults and children alike, enhancing stamina and endurance, developing hand, feet and eye coordination, increasing strength, endurance, flexibility, building confidence and self-esteem, and enhancing decision-making and problem-solving abilities.

Climbing Instruction

Geckos - Level 1

Develop good climbing habits early on and get comfortable with climbing in this Beginner-level class. This is perfect for first-time climbers who are interested in learning about the sport casually, participating in games and drills to help teach essential principles.

Member \$58 | Community \$116

Koalas - Level 2

Continue building upon skills learned in a prior class or get back into climbing with our Intermediate-level class. Returning climbers or physically confident participants are encouraged to join this group, where the focus is on honing talents and movements on the wall while exploring more elements of safety and climbing culture.

Member \$58 | Community \$116

Mountain Goats - Level 3

Develop climbing into a lifelong hobby in this Advanced-level class. Perfect for experienced climbers or kids moving up from another level, this class takes a more focused approach to building strength, stamina, and learning more difficult skills. Other topics explored include belaying safety, alternative climbing sports, and technical terminology, as well as competitive habits and direction.

Member \$58 | Community \$116

Climbing Wall Home School

This class is for grades 1-12, and will focus on climbing safety, skills and techniques of climbing and belaying, if age appropriate. Please contact our Climbing Wall Coordinator Tim Fogleman at tfogleman@keene-ymca.org for further information.

Member \$58 | Community \$116

Open Climb

Open climb slots are limited to four people per 45-minute class, and sessions must be reserved in MotionVibe under 'Programs'. If you are bringing your family, please complete sign up in the app for each member that will climb. The wall will be staffed with a certified belay staff member.

Member FREE

Belay Certification (ages 16+)

If you are interested in being belay-certified to assist with teaching classes, open climb, or to use the climbing wall on your own, please contact Climbing Wall Coordinator Tim Fogleman tfogleman@keene-ymca.org to discuss training possibilities.

Member FREE | Community \$20/lesson

If you have any questions about your child's skill level or the appropriate class to sign up for, please contact Tim Fogleman at tfogleman@keene-ymca.org.

CLIMBING WALL SCHEDULE

PROGRAM	COST	MON	TUES	WED	THURS	FRI	SAT
Beginner - Geckos	M \$58 C \$116	3:30-4:30p		3:30-4:30p			
Intermediate - Koalas	M \$58 C \$116		3:30-4:30p			3:30-4:30p	
Advanced - Mountain Goats	M \$58 C \$116				4-5p		
Open Climb	M FREE				5:30-6:30p	5-7p	10a-12p