

CLIMBING WALL SCHEDULE

FITNESS WINTER SCHEDULE		M=Member	CM=Community Member						
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Gekos (See more below)	6+	M \$30; CM \$60	5:15-6pm			5:15-6pm			
Mountain Goats (See more below)	8+	M \$30; CM \$60		4-4:45pm					
Open Climb (See more below)	All ages	Members Only		5-5:45pm		6:15-7pm	6-6:45pm	10-10:45; 11-11:45am	

The Y's centerpiece Indoor Climbing Wall is scheduled for an April re-opening, for program class and for open climb by reservation. The beauty of climbing walls is that they are great for adults and children, 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.

If you are interested in being delay-certified to assist with teaching classes, open climb or to use the climbing wall on your own, please contact Kelly Fleurette, Senior Program Director, at kfleurette@keene-ymca.org or 603-283-5240 to discuss training possibilities.

YOUTH CLIMBING CLASSES:

The Y climbing wall is in the main lobby; please use the facility's main entrance.

Geckos

Ages 6 and over

Perfect for the first-time climber or young person who is not yet confident on our climbing wall. Climbers learn basic climbing commands, how to put on a harness, and how to tie into the end of the climbing rope. In addition to rock climbing, Geckos are introduced to various fun climbing challenges and games.

Mountain Goats

Ages 8 and over

Young climbers with experience on our wall enjoy the challenge of tackling more difficult routes and learning new skills. Mountain Goats learn various climbing knots, including the starter 8, and are introduced to climbing safety systems. When appropriate, climbers are introduced to more advanced climbing techniques and activities, drills, and games to improve their technical climbing expertise.

Open Climb

All ages

Open climb slots are limited to four people per 45-minute time slots and sessions must be reserved on Motion Vibe under programs. If you have a family, please sign up each member that will climb. The wall will be staffed with a certified belay staff member.

