

CLIMBING WALL



The Y's centerpiece Indoor Climbing Wall is OPEN for Open Climb by reservation only.

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

ON-BELAY!

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:

Kelly Fleurette,
Senior Program Director
kfleurette@keene-ymca.org
603-283-5240



The Monadnock Youth Coalition

MYC was established in 2020 in response to the coalition's primary goal of engaging our youth in our community prevention efforts. The MYC is a youth group founded from the YMCA Community Coalition that represents the youth "voice" and helps prevent youth substance use in youth ages 11-17 in the Keene and Swanzey areas. From this coalition stems a youth group that meets once a week. This youth group hosts events, conducts focus group discussions, and lends a youth focus to the issues affecting our community. This youth group will work toward educating peers and the community about youth substance use. This group is still relatively new in the making, but we strive to grow bigger with every week and be as welcoming as possible to new members. For more information about this group, please contact Peter Sebert, YMCA Community Coalition Director, at psebert@keene-ymca.org.