

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 (beginner - age 6+)

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.

Member \$56 | Community \$112

Mountain Goats (intermediate - age 7+)

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.

Member \$56 | Community \$112

Teen Climbing (age 12-15yrs)

Looking for a challenge? This class gives teens the opportunity to learn or strengthen their climbing techniques and get connected to the local climbing community.

Member \$56 | Community \$112

Climbing Wall Home School (Grades 1-12)

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 \$56 | Community \$112

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 (age 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

CLIMBING WALL SCHEDULE

PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT
Beginner - Geckos	6+ yrs	M \$56 C \$112	3:30-4:30p		3:30-4:30p			
Intermediate - Mt Goats	7+ yrs	M \$56 C \$112	5-6p		5-6p			
Teen Climbing	12-15 yrs	M \$56 C \$112				4-5p		
Open Climb	All	M FREE		3-7p		5-7p	5-7p	10a-12p