

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 and flexibility, building confidence and self-esteem, and enhancing decision-making and problem-solving abilities.

Climbing Instruction

Geckos (Beginner - age 6+)

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

Mountain Goats (Intermediate/Advanced - age 7+)

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. Participants are required to have completed at least one Geckos course.

Member \$58 | Community \$116

Teen Climb (Middle/High School Students)

This class gives teens the opportunity to learn or strengthen their climbing techniques and get connected to the local climbing community and other local teens. All levels are welcome!

Member \$58 | Community \$116

Open Climb (ages 5+)

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. The schedule will vary week to week. Please check MotionVibe for updates.

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 Senior Program Director Kelly Fleurette kfleurette@keene-ymca.org to discuss training possibilities.

Member FREE | Community \$20/lesson

Women's Climbing Class (18+)

Learn the fundamentals of climbing during this hands-on indoor class designed for people who identify as female. You'll learn proper belay techniques, knot tying, and basic climbing movements. No prior experience is necessary. All necessary gear will be provided for this great introductory experience.

Member \$58 | Community \$116

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

CLIMBING WALL SCHEDULE

PROGRAM	COST	MON	TUES	WED	THURS	FRI	SAT
Geckos	M \$58 C \$116	3:30-4:30p	3:30-4:30p	3:30-4:30p			
Mountain Goats	M \$58 C \$116	5-6pm	5-6p		5-6p		
Teen Climb	M \$58 C \$116				4-5p	3:30-4:30p	
Women's Climbing Class	M \$58 C \$116			5-6p			
Open Climb	M FREE	6-7p (all) 7-8p (18+)	6-8p	6-8p	6-7p (all) 7-8p (18+)	12-3p	10a-12p