



**Hendricks  
Regional  
Health YMCA**

**Rock Wall  
Schedule**

**Jan 9 - Feb 26**

\* See the Program  
Guide for upcoming  
classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Open Climb 11:30-1:30 pm (Eric)		Open Climb 9 am—12 pm (Ryan)
	Open Climb 3:30-5 pm (Eric)				
Open Climb 6:00-8:30 pm (Ryan)		Open Climb 5:30-8:30 pm (Shadoe)		Open Climb 5:30-8:30 pm (Eric)	<b>Sunday</b>  Open Climb 12 pm to 4 pm (Ryan)

### **Climbing Wall Policies And Information**

The gym is open to climbers of all ages. All climbers must have a signed liability/helmet waiver. Those under 18 must have a parent or legal guardian sign for them. Children 11 and under must be accompanied by an adult during scheduled and open gym hours.

### **Climbing Wall Birthday Party (Ages 5 & up)**

Give your child a birthday party to remember at the YMCA's indoor climbing gym. After climbing for 1 and a half hours, there will be a half hour of parent-led time for cake, pizza or ice cream and opening presents. Parents provide the food. No previous climbing experience is necessary. Safe, experienced climbers are on staff for the parties. Climbers must be at least 4 years old.

### **Youth Ascent (Ages 5-6)**

No experience necessary! This fun class focuses on fundamentals of climbing techniques. Participants learn climbing commands and climbing wall rules, play bouldering games, and climb the wall at their own pace. Classes are offered monthly as four week sessions.

### **Youth Summit (Ages 7-12)**

Combined class caters to each participant's experience level. No experience is necessary! Depending on experience of the participant, the class covers bouldering, spotting for others, putting on a harness, climbing commands, and tying a figure eight and follow-through, bouldering a 15 foot section of wall, and climbing to the top of the wall. Classes are offered monthly as four week sessions.

### **Tween Summit (Ages 11-13)**

Combined class caters to each participant's experience level. No experience is necessary! Depending on experience of the participant, the class covers bouldering, spotting for others, putting on a harness, climbing commands, and tying a figure eight and follow-through, bouldering a 15 foot section of wall, and climbing to the top of the wall. Classes are offered monthly as four week sessions.

### **Adult Summit (Ages 18+)**

Combined class caters to each participant's experience level. No experience is necessary! Depending on experience of the participant, the class covers bouldering, spotting for others, putting on a harness, climbing commands, and tying a figure eight and follow-through, bouldering a 15 foot section of wall, and climbing to the top of the wall. Classes are offered monthly as four week sessions.

### **Try-it! Tuesdays (All Ages)**

Want to try something new and exciting? Try climbing The Wall! Equipment rental and initial instruction belays provided for all climbers. Participants must have a signed liability; anyone under 18 must have a parent or legal guardian sign for them. Youth 12 and under must be accompanied by an adult.

### **Belay Certification (Ages 14 & up)**

Certification is required for belaying and leading at Climbing Wall. Participants must be 14 years or older for belay certification. Participants must demonstrate knowledge of proper harness use, knots, tying-in, commands, and proper technique according to standards for both certifications.

### **On Belay Class (Ages 14 & up)**

Instruction, practice and testing for belay certification. Class is offered every other month starting in 2012.

The first night is an instructional class in which participants learn the necessary skills to pass the belay test. The second class is required and allows participants to practice before the test. The third class is the test. Participants may make an appointment with the Climbing Wall Supervisor/Instructor to take the belay certification test on a different night, but it must be at least one week after the initial class.