



REACHING NEW HEIGHTS

Climbing Wall Programs

Our Climbing Wall is located at the Bellingham YMCA. Please check our website, www.whatcomymca.org or download our mobile App "Whatcom Family YMCA" to view our Climbing Wall Schedule.

All Climb Times

- Climbing is FREE to all YMCA Members
- Program members may climb with a day pass
- Climbing wall waiver must be signed by a parent/guardian before climbing
- Reservations may be made for Community & Certified Times, please call 360-733-8630.

Community, Women's & Open Climb Times

- Harnesses are provided (Community & Women's Climb Times)
- Staff assistance available. No experience necessary
- Certified Climbers encouraged to belay

Certified Time

- Top Rope certificate required. Climbers encouraged to provide their own belayers

Level 1 Climbing Class

For climbers with limited or no climbing experience. Focus on development of foundational skills. Must demonstrate Level 1 skills to move on to Level 2. Active parent participation is encouraged.

AGES: 3 - 10 years
DATES: Choose your day & session
FEE: \$45/session YMCA Members
 \$60/session Program Members

Level 2 Climbing Class

Focus on taking skills to the next level by challenging climbers to improve and gain new movement techniques, climb routes and learn basic safety skills. Active parent participation is encouraged.

AGES: 6 - 14 years
DATES: Choose your day & session
FEE: \$45/session YMCA Members
 \$60/session Program Members

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Level 1: 3-4pm Level 2: 4-5pm	Level 2: 3-4pm Level 1: 4-5pm	Level 1: 3-4pm Level 2: 4-5pm	Level 2: 3-4pm Level 1: 4-5pm	Level 1: 3-4pm Level 2: 4-5pm
Sept. 9-30 Oct. 7-28 Nov. 4-25 Dec. 9-30	Sept. 10-Oct. 1 Oct. 8-29 Nov. 5-26	Sept. 11-Oct. 2 Oct. 9-30 Nov. 6-27	Sept. 12-Oct. 3 Oct. 10-31 Nov. 7-Dec. 5 (no 11/28)	Sept. 13-Oct. 4 Oct. 11-Nov. 1 Nov. 8-Dec. 6 (no 11/29) Dec. 13 - Jan. 3

Climbing Club

Previous climbing experience required. Participants can sign up for one or two days a week. Space is limited.

Prerequisite: Climbing Club Coach approval required.

AGES: 10-18 years
DAYS: Tues. **AND/OR** Thurs.
TIMES: 5:00-7:00pm
FEE: 1x/week 2x/week
 Y Memb \$65/mth \$110/mth
 Prog Memb \$80/mth \$140/mth

Climbing Team

Team will give participants the opportunity to build skills both indoors and out. Participants can sign up for one or two days a week. Space is limited.

Prerequisite: Climbing Team Coach approval required.

AGES: 10-18 years
DAYS: Mon. **AND/OR** Wed.
TIMES: 5:00-7:00pm
FEE: 1x/week 2x/week
 Y Memb \$65/mth \$110/mth
 Prog Memb \$80/mth \$140/mth

Climbing Foundations

For climbers with limited or no climbing experience. We will teach you to belay, help you build basic climbing technique and introduce you to climbing routes.

YMCA belay certification is part of this course.

AGES: 14 years and older
DAYS: Fridays, 7:00-8:00pm
DATES: Sept. 13 - Oct. 4
 Oct. 11 - Nov. 1
 Nov. 8 - Dec. 6 (no 11/29)
 Dec. 13 - Jan. 3
FEE: \$45/session YMCA Members
 \$60/session Program Members

Beyond The Basics

This class focuses on refining skills and techniques learned in level 1. You will also practice mock lead climbing, lead belaying, setting up and taking down anchors and other climbing safety systems.

Prerequisite: Belay certification; knowledge of skills taught in Climbing Foundations

AGES: 14 years and older
DAYS: Mondays 7:00-8:00pm
DATES: Sept. 9 - 30
 Oct. 7 - 28
 Nov. 4 - 25
 Dec. 9 - 30
FEE: \$45/session YMCA Members
 \$60/session Program Members

Multipitch Climbing Clinic

Do you want to climb your first multipitch, but need to develop the skills first? This indoor class will help you build the skills needed to safely get on longer climbs.

Prerequisite: Belay certification

AGES: 14 years and older
DAYS: Saturdays, 1:00-5:00pm
DATES: November 23 or December 21
FEE: \$45/day YMCA Members
 \$60/day Program Members