

YMCA Climbing Programs

Belay Orientation

All climbers wishing to attend open climb must attend this orientation before they will be allowed to climb. During this orientation we will cover:

- Belaying
- Climbing Etiquette
- Knot tying
- Equipment usage

(Age 12+) FM - FREE • PM - \$10

Family Climb

Bring the whole family to climb!

- Children must be 6 or older
- Children aged 6 - 11 must be actively supervised by an adult who has taken the belay orientation.
- Children 12 or older and all adults must take the belay orientation.

Adult Climb

Every Thursday night is adult night. This time is for over 18's only. Throughout the year there are a series of skills workshops held during adult climb. Check the climbing notice board for upcoming workshops.

Costs

Open Climb, Teen, Adult & Family Climb:

FM - Free • PM - Punch Card

Adult - \$60 for 10 open climb sessions

Youth - \$40 for 10 open climb sessions

Shoe rental: FM - \$3 • PM - \$3

FM = Facility Member PM = Program Member

All climbers must check in at the YMCA Welcome Desk prior to climbing.

Climbing Equipment

The only equipment that you will need to climb is a harness and some suitable footwear. You can climb in any footwear that has a heelstrap but we recommend using climbing shoes. The climbing staff will provide you with a harness when you check in. Climbing shoes are available to hire for the day for \$3. Alternatively you may choose to buy your own - if you are looking for a good harness and shoes we recommend 'The Edge'.

Climbing Lessons

Pygmy Monkey

This Class teaches the safety basics as well as basic bouldering and climbing techniques

(Age 6 - 12)



Spider Monkey

This Class teaches advanced knot tying as well as the climbing skills needed to scale our wall.

(Age 7 - 12)

Month sessions of 4, 1 hour lessons. See schedule for times. FM - \$20 • PM - \$30

Kids Climbing Club

Tired of just hanging around? Join the Kids Climbing Club and make new friends while challenging yourself and getting in shape. Activities include:

- Games
- Challenges
- Races
- Competitions
- Team Building
- Making new friends

The Kids climbing club runs every Saturday from 9:00am to 12:00pm and Tuesdays from 4:00pm to 7:00pm.

(Age 6 - 12)

FM - \$4 • PM - \$8

Birthday Parties

This year do something special; for your kids birthday - book your party at the YMCA. Activities include rock climbing, swimming and a bounce house. Ask at the YMCA Welcome Desk for more information.

Elementary - Can participate in lessons, kids climbing club and family climb.

Middle - Can take the climbing orientation and climb during open climb. We recommend active parental supervision.

High - Can take the climbing orientation and climb during open climb

Adult - Can take the climbing orientation and climb during open climb. Can attend adult climb sessions.

