



# FARMINGTON VALLEY YMCA CLIMBING WALL SCHEDULE-6.13.19

Effective:  
June 17 - July 21

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 653 5524      www.farmingtonvalleyYMCA.org      SUMMER      2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED 5:30AM-4:00PM	CLOSED 5:30AM-4:00PM	CLOSED 5:30AM-4:00PM	CLOSED 5:30AM-4:00PM	CLOSED 5:30AM-4:00PM	CLOSED 7:30-9:00AM	CLOSED 11:00AM-12:00PM
OPEN CLIMB 4:00-5:00PM	FAMILY CLIMB TIME 4:00-5:00PM	OPEN CLIMB 4:00-5:00PM	OPEN CLIMB 4:00-6:00PM	PRESCHOOL ROCKERS 4:00-5:00PM Ages 4-6	KID CLIMBERS 9:00AM-10:00AM Gr. 1-4	OPEN CLIMB 12:00-12:30PM
PUMAS /ELITE 5:00-6:30PM	PRESCHOOL ROCKERS 5:00-6:00PM Ages 4-6	PANTHERS/INT & ADV 5:00-6:30PM	FAMILY CLIMB TIME 6:00-7:00PM	OPEN CLIMB 4:00-7:00 PM	CLIFFHANGERS 10:00AM-11:00AM Gr. 5-8	PARTY RENTALS 12:30-4:00PM OPEN CLIMB IF NO RENTALS
PANTHERS/INT & ADV 6:30-8:00PM	OPEN CLIMB 6:00-8:00PM	PUMAS - ELITE 6:30-8:00PM	CLOSED 7:00-9:00PM	CLOSED 7:00-8:00 PM	PARENT/CHILD CLIMB 11:00-12:00PM Ages 4+ up	CLOSED 4:00-6:00PM
CLOSED 8:00-9:00 PM	CLOSED 8:00-9:00PM	CLOSED 8:00-9:00 PM			PARTY RENTALS 1:00-5:00PM OPEN CLIMB IF NO RENTAL	
					CLOSED 5:00-7:00PM	

### IMPORTANT INFORMATION

During open climb, any member or guest may use the climbing wall. **The minimum age to participate in open climb is 4.** All children younger than 12 must have an adult (18+) with them at all times. The minimum age to belay is 12. All individuals must be trained through a YMCA orientation. Trained belayers are kept on record. All equipment used must be the property of the YMCA. Personal harnesses are permitted *only after* staff inspection. Climbing shoes or closed-toe athletic shoes must be worn. Posted climbing commands must be used at all times. No food or drinks are permitted in the climbing wall.

### IMPORTANT CLOSURE DATES

- Thurs, July 4th
- Fri, July 5th
- Mon, September 2
- Mon, August 26th
- Tues, August 27th
- Weds, August 28th

### ROCK CLIMBING CLASSES

#### Parent & Child Class (Ages 4+)

Parents and children have fun together, learn together and spend quality time together in a supportive atmosphere.

#### Preschool Rockers Class (Ages 4-6)

For our fearless youngsters! Students must be able to take a follow directions independently to participate in class.

#### Kid Climbers Class (Grades 1-4)

Kids learn climbing safety, skill and confidence!

#### Cliffhangers Class (Grades 5-8)

Teens have an opportunity to progress in climbing level throughout multiple sessions with opportunities for progression in each session. Levels are based on climbing skill, knowledge of safe climbing practices and leadership within class.

#### Adaptive Climbing (Ages 4+)

This program is an adaptive climbing program. We provide certified staff along with the assistance of volunteers to teach basic belay and safety, climbing techniques, and skills to explore and build confidence.

#### Family Climb Time (ages 4+)

An opportunity for families to come and climb together on the climbing wall. This is open climb hours. No Registration needed

### MOUNTAIN LIONS CLIMBING TEAM

Mountain Lions Climbing Team (Ages 5+): Kids and teens now have the opportunity to try climbing in a more challenging atmosphere! Practices are twice a week and competitions are held frequently.

For more information about the Mountain Lions Climbing Team or to sign up, contact Sr. Program Director

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