



FARMINGTON VALLEY YMCA CLIMBING WALL SCHEDULE-9.8.19

**Effective:
September 9-October 27**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 653 5524 www.farmingtonvalleyYMCA.org FALL 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	
KID CLIMBERS 4:00-5:00PM Gr. 1-4	CHILDCARE CLIMBING 4:00-5:00PM	OPEN CLIMB 4:00-5:00PM	OPEN CLIMB 4:00-5:00PM	OPEN CLIMB 4:00-7:00 PM	KID CLIMBERS 9:00AM-10:00AM Gr. 1-4	
PUMAS /ELITE 5:00-6:30PM	PRESCHOOL ROCKERS 5:00-6:00PM Ages 4-6	PANTHERS/ INT & ADV 5:00-6:30PM	KID CLIMBERS 5:00-6:00PM Gr. 1-4	CLOSED 7:00-8:00 PM	CLIFFHANGERS 10:00AM-11:00AM Gr. 5-8	
PANTHERS/ INT & ADV 6:30-8:00PM	COUGARS CLUB/BEG 6:00-7:00PM	PUMAS - ELITE 6:30-8:00PM	COUGARS CLUB/BEG 6:00-7:00PM		PARENT & CHILD CLASS 11:00AM-11:45AM Ages 4 & up	
CLOSED 8:00-9:00 PM	OPEN CLIMB 7:00-8:00PM	CLOSED 8:00-9:00 PM	OPEN CLIMB 7:00-8:00PM		OPEN CLIMB 12:00-1:00PM	
	CLOSED 8:00-9:00PM		CLOSED 8:00-9:00PM			

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
 Thursday, Sept 19 - 6:30-8:00PM
 Thursday, Oct 31 - CLOSED
 Sat, Nov 16 - Climbing Competition 12:00PM-5:00PM
 Thursday, Nov 28- CLOSED
 Friday, Nov 29 - CLOSED

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.

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 Marissa.Casarella@ghymca.org