



# WHEELER REGIONAL FAMILY YMCA CLIMBING WALL SCHEDULE JANUARY 6 - FEBRUARY 16, 2020

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 793 9631

www.wheelerYMCA.org

WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					KID ROCKERS 10:00AM-11:00AM	OPEN CLIMB 10:00AM-11:00AM
OPEN CLIMB 4:00PM-5:00PM	OPEN CLIMB 4:00PM-5:00PM	PRE SCHOOL ROCKERS 4:00PM-5:00PM	OPEN CLIMB 4:00PM-5:00PM		PRE-SCHOOL ROCKERS 11:00AM-12:00PM	OPEN CLIMB 11:00AM-12:00PM
KID ROCKERS 5:00PM-6:00PM	OPEN CLIMB 5:00PM-6:00PM	OPEN CLIMB 5:00PM-6:00PM	OPEN CLIMB 5:00PM-6:00PM		OPEN CLIMB 12:00PM-2:00PM	OPEN CLIMB 12:00PM-1:00PM <small>*BELAY ORIENTATION (SEE BELOW)</small>
CLIMBING TEAM 6:00PM-7:30PM	KID ROCKERS 6:00PM-7:00PM	CLIMBING TEAM 6:00PM-7:30PM	TEEN ROCKERS 6:00PM-7:00PM			KID ROCKERS 1:00PM-2:00PM
OPEN CLIMB 7:30PM-8:00PM	FAMILY OPEN CLIMB 7:00PM-8:00PM	OPEN CLIMB 7:30PM-8:00PM	OPEN CLIMB 7:00PM-8:00PM			

## 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.

## \* BELAY ORIENTATION

A BELAY ORIENTATION will in held in the place of OPEN CLIMB on the 1st SUNDAY OF EVERY MONTH from 12:00PM-1:00PM.

Anyone interested should sign up at the welcome center.

## ROCK CLIMBING CLASSES

Preschool Rockers Class (Ages 4-6): For our fearless youngsters! Students must be able to take and follow directions independently you participate in class.  
Kid Rockers Class (Grades 1-4): Kids learn climbing safety, skill and confidence!  
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Teen Rockers 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.  
Climbing Team: Climbing team is for ages 6-14. There are 2 levels. Climbing team requires a membership and a monthly payment for the team.

## \* FAMILY OPEN CLIMB

FAMILY OPEN CLIMB is held twice a month, on a Tuesday from 7:00pm-8:00pm.

Anyone interested should sign up at the welcome center.