



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORTHINGTON AREA YMCA ROCK WALL PROGRAMS

Y-SCRAMBLERS: Beginner Levels (ages 4-10)

This program is targeted towards youth ages 4-10 years old that are looking for adventure. Participants learn how to harness themselves, tie a variety of knots, learn climbing and bouldering techniques in a positive, supportive environment. Participants will develop strength of spirit, mind and body in this program designed to show youth just how strong they can be.

Belay Qualification: Intermediate Levels (ages 12+)

The Belay Qualification is available for those individuals that are looking to take the next step after several climbing experiences at the Worthington Area YMCA. Becoming Belay Qualified will allow you more freedom of climbing by increasing your timing climb by not having to wait for a staff member during scheduled climbing. In this short course, you will become orientated with Top Rope Belay, proper knots and how to spot a climber. To become Belay Qualified and be permitted to belay other climbers, participants must be 16 years old. Participants ages 12-15 may also participate and gain knowledge but must be supervised by adults (18+) that are Belay Qualified. Becoming Belay Qualified is a privilege and the YMCA reserves the right to not certify individuals that do not meet our standards. Belay privileges may also be taken away if participants fail to continue to show knowledge of safety and protocols.

CO-ED ADULT ROCK CLIMBING: All Ability Levels (18+)

This climbing class is an opportunity for participants (co-ed class) of all levels of climbing experience to climb together in a supportive, positive environment and small group environment. Enjoy learning new climbing techniques and brushing up on older ones. Emphasis will be on the climbing movements, strength, and flexibility needed for both rope climbing and bouldering. Some climbing experience necessary and YMCA belay card required for intermediate level. Contact Cory with questions.

If you have additional questions or would like to know more information on the Rock Climbing Wall and its programs, please speak with Health & Fitness Director Cory Greenway.

507-376-6197

Cory.Greenway@ymcaworthington.org



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FUTURE PROGRAM:

Y-ASCENDERS: Beginner through Intermediate Levels (ages 11-18)

This program is targeted towards youth ages 11-18 with little to no climbing experience needed. Participants will enjoy learning new climbing techniques and brushing up on older ones. Emphasis will be on the climbing movements, strength, and flexibility needed for both rope climbing and bouldering. YMCA belay card certification required for intermediate level. Those with beginner status will have the ability to progress to intermediate and receive belay certification.

FUTURE PROGRAM:

CLIMBING CLUB: Beginner through Advanced Levels (grades 5-12)

As an after school program, Climbing Club is a structured program that will allow participants the opportunity to develop and learn new skills as well as conquer fears and challenge themselves both physically and mentally. This an opportunity for participants (co-ed class) of all levels of climbing experience to climb together in a supportive, positive environment and small group environment. Enjoy learning new climbing techniques and brushing up on older ones. Emphasis will be on the climbing movements, strength, and flexibility needed for both rope climbing and bouldering.

FUTURE PROGRAM:

LADIES ON THE ROCKS: Beginner through Advanced Levels. (WOMEN ONLY, Ages 18+)

This climbing class is an opportunity for women with previous experience climbing & not to no previous experience to climb together in a supportive, positive environment. Enjoy learning new climbing techniques and brushing up on older ones, with a focus on how we as women are uniquely suited to be strong, powerful climbers. Emphasis will be on the climbing movements, strength, and flexibility needed for both rope climbing and bouldering. No climbing experience necessary (beginner), and seasoned climbers are encouraged to take the intermediate to advanced level class and come lend their experience to new female climbers. This class has limited space. If you have not had past climbing experience, please select the beginner level Ladies on the Rocks class.

FUTURE PROGRAM: Intro. to Rock Climbing: Beginner and Intermediate Levels (ages 10+)

This climbing class is a great introduction to the ins and outs of rock climbing. The class is structured as an educational program with classroom and practical sessions. You will feel more confident in pursuing rock climbing as an activity after covering more in depth material and information on rock climbing technique, equipment and terminology. Class is twice a week for 8 weeks with limited spots available. Families are encouraged to participate together. Participants must be 10 years old or older to participate.

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