



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WORTHINGTON AREA YMCA ROCK WALL PROGRAMS

### **Y-SCRAMBLERS:** (grades 3-8)

This program is targeted towards youth grades 3-8, 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.

Member: \$21.00

Non-Member: \$49.00

### **OPEN ROCK CLIMBING:** All Ability Levels (Ages 4+)

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.

### **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. Tuesday nights beginning January 16<sup>th</sup>. Every night you attend, you are entered into a drawing to win your own rock climbing equipment.

Member: \$16.00 for 16 sessions

Non-Member: \$64.00 for 16 sessions

### **MEN'S ROCK CLIMBING:** Beginner through Advanced Levels (MEN ONLY, Ages 18+)

This climbing class is a great introduction to the ins and outs of rock climbing. Designated for Men only, participants will enjoy learning the ins and outs of rock climbing while developing the strength and endurance required to complete more difficult routes and moves. Thursday nights beginning January 18<sup>th</sup>. Every night you attend, you are entered into a drawing to win your own rock climbing equipment.

Member: \$16.00 for 16 sessions

Non-Member: \$64.00 for 16 sessions

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](mailto:Cory.Greenway@ymcaworthington.org)



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### **LEARN-2-CLIMB: All Levels (ages 14+)**

This family friendly program has a limited number of participants (10) and offers a classroom setting for participants to gain both practical and hands on experience with rock climbing. The small group setting allows participants personal attention and assessment for their needs to improve climbing ability as well as teach them proper technique in climbing and belaying; as well as safe practices when climbing. This is a great program for families to take together and consists of a and a Saturday: 9am – 1pm. Current class dates are: February 3<sup>rd</sup>, February 24<sup>th</sup>, March 10<sup>th</sup>, March 24<sup>th</sup>, April 7<sup>th</sup> and April 21<sup>st</sup>

Member: \$10.00 per participant for class

Non-Member: \$25.00 per participant for class

### **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.

### **FUTURE PROGRAM: Fall 2018**

#### **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: Summer 2018**

#### **OUTDOOR CLIMBING TRIPS: Beginner through Advanced Levels**

The summer of 2018 will begin the start of what we hope to be regular outings to Blue Mounds State Park located in Luverne, MN. Blue Mounds is a nationally renown climbing site with the ability to challenge all who would attempt to climb its faces. Participants will be required to have participated in previous climbing programs such as Ladies on the Rocks, Men's Climbing, Climbing Club, Y-Scramblers, Belay Qualification, Learn-2-Climb, or 10 Open Climbing sessions .

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