

## Penobscot Bay YMCA ROCK WALL HOURS:

### **Mondays:**

10am - 12pm: Open Climb  
4pm - 6:30pm: Open Climb

### **Tuesdays:**

10am - 12pm: Open Climb  
5:30pm - 7:30pm: Adult Only Climb

### **Wednesdays:**

5:30pm - 7:30pm: Open Climb

### **Thursdays:**

10am - 12pm: Open Climb  
5:30pm - 7:30pm: Adult Only Climb

### **Fridays:**

4:00pm - 7:30pm: Open Climb

### **Saturdays:**

10am - 12pm: Family Climb

## **ADULT - LEARN TO CLIMB & BELAY**

### **Ages 16yrs and up!**

New to climbing? These beginner-friendly sessions teach essential belay skills, safety, and movement basics. Get comfortable on the wall with guided coaching and plenty of practice on ropes and auto belays. Join us each week to build skills at your own pace.

**Mondays 6:30pm-7:30pm**

**Cost: \$0 Members / \$8 Participants per class**

**Max 8 participants**

## **ELEMENTARY CLIMB**

### **Grades 2-5 | 7-11yrs - No experience needed!**

Kids will learn the fundamentals of rock climbing in a fun and supportive environment. Participants build confidence while learning movement skills, climbing safety, terminology, and basic belaying concepts. Each class features warm-ups, games, and plenty of supervised climbing time.

**Wednesdays 3:45pm-4:45pm**

**Cost: \$40 Members / \$55 Participants**

**Max 8 participants**

## **PEE WEE CLIMB**

### **Ages 4-6 yrs - No experience needed!**

Little climbers discover the joy of climbing in a safe, encouraging environment. Participants learn to wear their harness, use simple climbing terms, and build coordination and confidence through games, movement activities, and lots of supervised time on the wall.

**Tuesdays 9:15am-10:00am**

**Cost: \$40 Members / \$55 Participants**

**Max 5 participants**

Classes require registration. Member Registration: April 20 Non-member Registration: April 23  
Open climb does not require registration.

