

Penobscot Bay YMCA ROCK WALL HOURS:

Monday:

Open Wall:

10am - 12:00pm

4:00pm - 6:30pm

*Adult Learn to Climb & Belay: 6:30pm - 7:30pm

Wednesday:

Open Wall:

10:00am - 12:00pm

5:30pm - 7:30pm

Thursday:

Open Wall:

10am - 12:00pm

5:30pm - 7:30pm

Friday:

Open Wall:

4:00pm - 7:30pm

Saturday:

Open Wall:

10:00am - 12:00pm

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

