



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856
207.236.3375
www.penbayymca.org
Brandon Gibbons
bgibbons@penbayymca.org

Penobscot Bay YMCA ROCK WALL HOURS:

Monday:

Open Wall:

10am-noon & 4pm - 6pm

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

Wednesday:

Open Wall:

10:00am - 12:00pm

5:30pm - 7:30pm

Thursday:

Open Wall:

10am - 12:00pm

5:30pm - 7:30pm

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 6:00pm-7:00pm

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

Max 8 participants

