



REACHING NEW HEIGHTS

Winter Rock Wall Climbing Classes

BELAY CERTIFICATION CLASS

This class is designed to teach about equipment usage and inspections, knots for climbing, safety checks, communication and belaying techniques. Must be at least 14 years old.

Dates: Friday, February 12, 2021

Times: 6:00-9:00pm

Cost: \$25/Members & \$40/Non-members

JUNIOR CLIMBING CLASS

This class is designed for climbers ages 8-13. Climbers will work on their individual skills and grow as a climber. Our staff will train, coach, and mentor each program participant at their individual level.

Dates: Fridays, January 15 - February 5, 2021

Times: 5:30-7:00pm

Cost: \$45/Members & \$60/Non-members

TECHNICAL SKILLS CLASS

This class is designed for climbers ages 14 and older. The class will include static and dynamic climbing, crack climbing, overhand climbing, footwork, body position, strength training and climbing strategy.

Dates: Fridays, February 19 - March 5, 2021

Times: 5:30-7:30pm

Cost: \$45/Members & \$60/Non-members



Contact: Stephanie Lund - Director of Sports and Family Programs - slund@grantspassymca.net



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