



CLIMBING WALL

Northwest YMCA September 1, 2011 - May 31, 2012

The Northwest YMCA Climbing Wall provides exciting opportunities for kids, families and groups. Discover climbing activities for all ages and experience levels. Bouldering allows you to climb horizontally, while belayed climbing takes you to the top of the wall. Enjoy open climb times by obtaining your own belay certification.

Staff Belay - YMCA staff will be available to belay climbers during the following times: Sunday 2-5pm; Monday: 6:30 to 7:30pm; Tuesday: 6:15 to 7pm; Wed. and Friday 5:30-7:30pm; Thursday: 6:30 to 7:30pm; and Saturday 11am to 1pm.

The Climbing Wall is open to YMCA certified belayers during all building hours. Space may be limited.

Class Schedule

Monday

4:30 pm (L1 & L2)
5:30 pm (L3 & L4)

Tuesday

4:30 pm (L3 & L4)
5:30 pm (L1 & L2)

Thursday

5:30pm (Family)
Belay Cert (by apmt)

Saturday

10:00am (Family)
1:00pm (Belay Cert)

Climbing Classes (ages 4 & up) – Learn the basics of climbing or progress to advanced climbing techniques through four class levels based on climbing ability. New classes start each month and each class session lasts 45 minutes. See schedule above for weekly classes.

FEEES: \$22 member/ \$47 community member. Family Class FEE: \$50/ \$75.

Belay Certification (ages 11 & up) – Members receive belay certification after completing a two-hour class and passing a retention check at a later date. Class meets on Saturdays at 1 PM, and Thursdays at 7:30 pm by appointment. Minimum 2 people/maximum 6 people. Two-hour class; pre-registration is required.

FEEES: \$24 member/\$49 community member or \$48/\$73 for family (max 4 people).

Retention checks may be done on Monday, Tuesday, Thursday or Friday evenings during staff belay.

Belay Challenge & Recertification – Climbers/Belayers who hold a belay certification card from another climbing facility may obtain a NW YMCA Belay Card by demonstrating their belay capabilities. Contact the Climbing Wall Coordinator at 260-9622 to set up an appointment for your Belay Challenge check. FEE: \$5 member or community member

Open Climb – The climbing wall is available for use by belay certified climbers during regular YMCA hours of operation. Equipment is available for checkout at the Front Desk. Climbers must be 15 yrs. old to check out equipment. (Note: Space may be limited due to birthday parties and classes – see schedule above)

Birthday Parties – Contact the Youth & Family Coordinator to schedule a climbing wall party.

Climbing Academy – Team Crux is for climbers who want to take their climbing to a higher level. Contact the Climbing Wall Coordinator at 260-9622 or ask a Climbing Wall staff member for requirements and information. FEE: \$30/month.

GREATER WICHITA YMCA: CLIMBING WALL POLICIES

Climbing Wall staff members will help familiarize you with the equipment & wall safety before climbing. Everyone using the wall must sign a waiver before climbing. Any climber under the age of 18 must have a waiver signed by a parent or legal guardian.

CLIMBING WALL

1. All who belay must be YMCA Belay Certified by our climbing staff, and wear **YMCA Belay Card when belaying**. Anyone under 15 yrs must be supervised by a Belay Certified adult (18 yrs or older).

2. Staff Belay Climb: Our certified staff will belay you. Climbing times listed on first page.

CLIMBING RULES

For your safety and enjoyment please remember: Members between the ages of 11-14 who are Belay Certified must be supervised by a Belay Certified Adult (18 yrs old or older). You must be 4 years of age or older to climb.

- Climbers must have completed YMCA Belay Certification to check out equipment and belay other climbers. Climbers must be 15 yrs. old to check out equipment.
- Belayers are required wear their YMCA Belay Card while belaying. Belayers must belay from their harness, not from the floor anchor.
- Belayers must be anchored to the floor for all climbers.
- No running allowed in the climbing or bouldering areas.
- Stay seated on bench while waiting to climb or observing climbers.
- All climbers must wear appropriate footwear. Open toe, open heel, or hard sole shoes are not allowed. No barefoot climbing. No climbing in wet clothes.
- Use only holds on wall for climbing. Do not touch exposed metal, belay bars, clips, etc.
- Climbers must stay "on route" while climbing due to the dangerous swing factor caused by climbing "offroute".
- Helmets are available for all beginning climbers
- No solo climbing (bouldering) above 4 foot line
- No sitting down or lying down while belaying
- All accidents and equipment damage must be reported immediately

BOULDERING RULES

For your safety and enjoyment please remember:

- The YMCA recommends using a least one spotter when bouldering
- Boulder within your personal limits; climber's feet must stay below the 4 foot line.
- Children 7 and under must be supervised and spotted by their parents/chaperones. Children should stay well below the 4 foot line.
- No "topping out" (climbing on top of bouldering area)
- Yield to roped climbers and show courtesy to others bouldering.
- Never boulder under a climber

Participants found to be belaying, climbing or bouldering in an unsafe manner will be asked to leave the wall. Infractions can result in suspension of climbing or belaying privileges.