

Climbing Wall schedule effective through 2009

MONDAY _____
4:00- 8:00 pm **Open Climb**

TUESDAY _____
4:00- 8:00 pm **Open Climb**

THURSDAY _____
4:00- 8:00 pm **Open Climb**

SATURDAY _____
10:00 am- 1:00 pm **Open Climb**

May climb anytime during open climb hours.

NEW TO CLIMBING?

The trained and helpful staff is there to assist you in putting on the safety equipment and to belay. Feel free to ask for climbing technique and tips.

CLIMBING WALL INFO...

The Rules

- The climbing wall is to be used by facility members only.
- Those under 18 must have a signed parental waiver on file with the NWYMCA.
- Climbers must wear appropriate clothing including closed toed shoes that will stay on your feet.

NO CROCS PLEASE

The Equipment

- Only YMCA carabiners and belay devices may be used.
- Climbers will receive a harness to use at no charge.
- Instructors will inspect all personal gear and have the right to refuse use of personal gear if it appears unsafe.

The Staff

- YMCA climbing instructors are trained and certified in climbing/belaying safety and techniques.
- The staff is dedicated to helping you master climbing techniques & have fun!

Rockin' Y Birthday Parties

Our climbing wall can be the place for a rockin' good birthday party for kids ages 8 to 12. For pricing and date availability, contact Michele Varela at (770) 514-4362 or michelev@ymcacobb.org.

OPEN CLIMB TIME

Everyone is welcome during this special climb time. From the first timer to the veteran, the wall is open to all facility members.

Ages 5 to 7:

May climb vertically only when accompanied by an adult present at the wall.

Ages 8 to 13:

May climb with parent present in the YMCA Facility

Ages 13 to Adult:

Go online to www.ymcacobb.org and click on 'Schedules' to view or download the current Northwest YMCA Climbing Wall schedule.

Questions? Contact Program Director Michele Varela at (770) 514-4362 or michelev@ymcacobb.org