

INSTRUCTIONAL ROCK CLIMBING

THE ULTIMATE INDOOR CLIMBING EXPERIENCE!

**Rock Climbing is a great activity for all ages and ability levels.
Build self-confidence and independence,
develop core strength and endurance - all while having
a safe, challenging, and fun experience.**

SPIDERS: Ages 4 – 7

This is an introduction to the sport for our youngest climbers. Spiders will conquer beginning trails and begin to build an understanding for the sport. With the use of different climbing games and activities, spiders will gain the confidence to conquer new challenges.

Monday: 4:35 pm - 5:35 pm
Saturday: 9:00 am - 10:00 am

PATHFINDERS: Ages 7 – 11

Experienced beginners who have shown progress in their climbing skills. They have mastered the figure 8 knot and begin to challenge themselves more on climbs. Climbing techniques will be introduced to our Pathfinders to show how to efficiently navigate a climb.

Monday: 5:40 pm - 6:40 pm
Saturday: 10:05 am - 11:05 am

TRAILBLAZERS: Ages 11 & up

More experienced climbers looking to learn the more intricate aspects of the sport. They will begin to learn proper belay techniques, lead climbing and rappelling.

Monday: 6:45 pm - 8:00 pm
Saturday: 11:10 am - 12:25 pm

**For Registration and Information
CALL 781-326-2900**

Visit our website at: dedhamhealth.com



SESSION 1: Sept 9 - Nov 10

SESSION 2: Nov 11 - Feb 2

Breaks: Nov. 18 - 24, 2018 - Dec. 23, 2018 - Jan. 5, 2019

SESSION 3: Feb 3 - Apr 13

Break: Feb. 17 - 23, 2019

SESSION 4: Apr 21 - Jun 22

**DHAC Kids Member Cost: \$171
Non-Member Cost: \$207**

DEDHAM HEALTH
& Athletic Complex

