IS ROCK CLIMBING FOR ME?
Climbing is a sport for all ages and ability levels. It is a great place for families and friends to come together, have fun and a great workout in the process.

WHAT ARE THE BENEFITS?
Most climbers, new and experienced, quickly establish a feeling of self-confidence and independence as a result of gaining new skills while climbing. Climbers will quickly begin to develop arm, back, finger and core strength as a result of climbing different trails and learning new techniques. Rock climbing is a total-body workout for kids. It improves their muscular endurance, flexibility, coordination and balance.

WHY CLIMB INDOORS?
Indoor climbing is a place for beginners to learn the sport of rock climbing in a controlled environment. Indoor climbing is also a great place for experienced climbers to sharpen their skills and keep up practice when outdoor climbing is unavailable.

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
  Breaks: Feb. 17 - 23, 2019
SESSION 4: Apr 21 - Jun 22

DHAC Kids Member Cost: $171
Non-Member Cost: $207
Runs in 9-Week Sessions
MEMBERS ROCK CLIMBING

Rock Climbing is included with your DHAC Family Membership

MEMBER HOURS

Kids/Family Climb Time
Tuesday: 5:30 pm - 7:00 pm
Adult Climb
Tuesday: 7:00 pm - 8:30 pm

CLIMBING LEVELS

SPIDERS: Ages 4 – 7
This is an introduction to the sport for our youngest climbers. Spiders will conquer beginning trails and begin to build and 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

A GREAT ACTIVITY FOR ALL AGES AND ABILITY LEVELS

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SPECIAL BLACK LIGHT CLIMBS
CALL OR ASK AT THE HELP DESK

BOOK YOUR SPECIAL EVENT

- Birthday Parties
- Bar/Bat Mitzvah Celebrations
- Graduation Celebrations
- Wedding Party Events
- Fundraising/Charity Events
- Company Outings
- Team Building
- and More!

MEMBER ROCK CLIMBING

For Registration and Information
CALL 781-326-2900
Visit our website at: dedhamhealth.com

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