

## CLIMBING FACTS

### 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.



For Registration and Information  
CALL 781-326-2900  
Visit our website at: [dedhamhealth.com](http://dedhamhealth.com)

200 Providence Highway, Dedham MA 02026  
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## DEDHAM HEALTH & Athletic Complex



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**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

# KID'S PROGRAMS ROCK CLIMBING



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## A GREAT ACTIVITY FOR ALL AGES AND ABILITY LEVELS



### 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

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### 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 pm

#### 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



**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!

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