

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 and understanding for the sport. With the use of different climbing games and activities, spiders will gain the confidence to conquer new challenges.

Monday: 4:30 pm - 5:30 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: 5:35 pm - 6:35 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: 6:40 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 ONE

September 10 - November 11

SESSION 2: November 12, 2017 - February 3, 2018

Breaks: November 19 - 25, December 24 - January 6

SESSION 3: February 4, 2018 - April 14, 2018

Breaks: February 18 - 24, April 15 - 21 (break between sessions)

SESSION 4: April 22, 2018 - June 23, 2018

**DHAC Kids Member Cost: \$153
Non-Member Cost: \$189**

DEDHAM HEALTH

& Athletic Club

