LANDING YMCA BOULDERING WALL SCHEDULE

Updated 10-2-25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN CLIMB 5:30AM - 4:30PM	OPEN CLIMB 5:30 - 9AM	OPEN CLIMB 5:30AM - 3:30PM	OPEN CLIMB 5:30AM - 7:45PM	OPEN CLIMB 5:30AM - 12PM		
	LITTLE CLIMBERS 9:15 - 10AM				OPEN CLIMB 8AM - 2:45PM	OPEN CLIMB 9AM - 12PM
	UPPER WALL OPEN 10 - 11am					
	LITTLE CLIMBERS 11 - 11:45AM					
	COMMUNITY CLIMB 12 - 1:30PM			COMMUNITY CLIMB 12 - 2PM		
	OPEN CLIMB 1:30 - 4:30PM	ORIENTATIONS / UPPER WALL OPEN 3:30 - 5:30PM		OPEN CLIMB 2 - 4:45PM		
CLIMBING FOUNDATIONS FOR TEENS (FREE) 4:30 - 5:30PM	BOULDER BUDDIES 4:30 - 5:30PM					
COMMUNITY CLIMB 5:30 - 7:45PM	OPEN CLIMB 5:30 - 7:45PM	CLIMBING FOUNDATIONS FOR ADULTS 5:30 - 6:30PM				
		UPPER WALL OPEN 6:30 - 7PM				

WALL RULES

- Must have signed waiver on file
- Must adhere to height restrictions
- Must complete an orientation before using wall.

- Climbers between the ages of 5 - 12 need adult supervision to climb.
- A parent or guardian must remain in the climbing area when their child is climbing with an instructor.
- Waiver can be signed by accessing your membership account online or at the Welcome Center.
- Orientations available by appointment or during designated times.

FMI: holly@bathymca.org

LANDING BOULDERING WALL ACTIVITY DESCRIPTIONS

BOULDER BUDDIES
This six-week after school climbing program for ages 6-12 begins each class with a quick stretching circle and check in, followed by engaging climbing games with modifications allowing for all abilities. Climbers build confidence, strength, and self-awareness while having fun and connecting with friends. Preregistration is required online or in-person at either Welcome Center. Sessions will align with the standard Youth Program cycle of the YMCA.

CLIMBING FOUNDATIONS FOR ADULTS
Drop into this weekly class designed for the beginner climber. This class will teach you the foundations of climbing movement and introduce you to the extensive vocabulary of climbing. You will learn how to warm up for climbing and how to plan a climbing session. All participants are required to have a Climbing Wall Waiver. Climbing shoes are recommended but not required. FREE FOR MEMBERS. $15 for commumity members

CLIMBING FOUNDATIONS FOR TEENS
Designed for the beginner climber, this class will teach you the foundations of climbing movement and introduce you to the extensive vocabulary of climbing. You will learn how to warm up for climbing and how to plan a climbing session. All participants are required to have a Climbing Wall Waiver. This program is offered at no cost to teens between the ages of 12 - 18 in the community and sessions run in alignment with the YMCA Programming schedule. Preregistration is required online or in-person at either Welcome Center.

COMMUNITY CLIMB
Upper Wall is open for a community climbing session. An opportunity to connect with other climbers or get some quick advice from an instructor. Help us create a supportive and encouraging environment for climbing exploration and community connection. Community climb is free for Members. $15 Community

LITTLE CLIMBERS
Little movers will build body awareness, strength and confidence for kids ages 2-4 years old. Simple lessons and activities with parent and guardian participation. Fun to be had on and off the wall! This class runs in 6week sessions. Preregistration is required online or in-person at either Welcome Center.

OPEN CLIMB
Unsupervised climbing of the Lower Wall available to anyone who has signed a bouldering wall waiver and has completed a climbing orientation with Y staff. Climbers between the ages of 5 - 12 must be supervised by a parent or guardian.

PRIVATE INSTRUCTION
Available for climbers of all ages and abilties. One on one coaching to introduce you to climbing or to work on skill development. Lessons are an hour long and will include the Upper Wall. Schedule with Holly Seamans at holly@bathymca.org.