

# LANDING BOULDERING WALL ACTIVITY DESCRIPTIONS

## BOULDER BUDDIES

Boulder Buddies helps young climbers develop strength, problem-solving, and confidence as they learn fundamental climbing techniques through fun challenges and free climb guided instruction on the Ys bouldering wall.

## MOUNTAINEERING SQUAD

Our Mountaineering Squad program gives climbers a chance to challenge themselves, build strength, and learn advanced movement and technique in a supportive, social environment; perfect for teens looking to stay active, build confidence, climb socially and reach new heights! Class will begin with a Bouldering Orientation for those without. This program is offered for teens between the ages of 13 - 16 in the community. Preregistration is required online or in-person at either Welcome Center.

## 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. Class will begin with a Bouldering Orientation for those without. This program is offered at no cost to teens between the ages of 12 - 18 in the community. Preregistration is required online or in-person at either Welcome Center.

## OPEN CLIMB

Unsupervised climbing 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.

## SUPERVISED CLIMBING

Climbing with a Y instructor present. Climbers must complete a waiver and orientation in order to climb. A parent or guardian must remain in the climbing area when their child is climbing with an instructor.





# LANDING YMCA BOULDERING WALL SCHEDULE

Updated 2-16-26

## March 1 – March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARENT/CHILD LITTLE CLIMBERS 11:00 – 11:30AM	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB	OPEN CLIMB
OPEN CLIMB				BRIGHTFIELD ACADEMY 3:00 – 4:00PM	
	OPEN CLIMB	LITTLE CLIMBERS 4:45 – 5:30PM	LITTLE CLIMBERS 4:45 – 5:30PM	MOUNTAINEERING SQUAD 4:00-5:00PM	
BOULDER BUDDIES 5:30 – 6:30PM	BOULDER BUDDIES 5:30 – 6:30PM	BOULDER BUDDIES 5:30 – 6:30PM	BOULDER BUDDIES 5:30 – 6:30PM	OPEN CLIMB	
OPEN CLIMB 6:30- 7:45PM	OPEN CLIMB 6:30- 7:45PM	OPEN CLIMB 6:30- 7:45PM	OPEN CLIMB 6:30- 7:45PM		

### OPEN CLIMB

- 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.

### ORIENTATIONS & WAIVERS

Waiver can be signed by accessing your membership log in or at the Welcome Center.

Orientations available by appointment or during designated times.

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