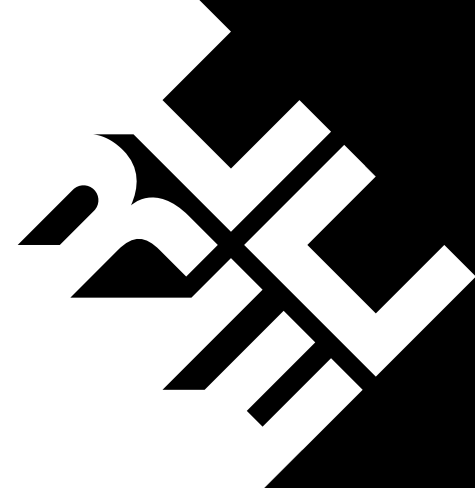


WALL NUTS

CLIMBING

6-14 YRS

WINTER 2024



JANUARY 22nd - MARCH 4th (6 LESSONS)

REGISTRATION OPENS WEDNESDAY JAN 10TH AT 12PM FOR MEMBERS

(IN-PERSON REGISTRATION ONLY AT THE RECC - 625 ABENAKI RD)

PUBLIC ONLINE REGISTRATION OPENS THURSDAY JAN 11TH AT 12PM

ONLINE REGISTRATION: ratheastlinkcommunitycentre.ca/programs/climbing-wall-programs

6-8 YEARS

GROUP A MON 5:30PM - 6:15PM (45MINS)

\$60

All new climbers between the ages of 6-8 years old or still working on building skills, strength and endurance to get to the top of the tallest wall.

6-8 YEARS

GROUP B MON 6:20PM - 7:05PM (45MINS)

\$60

For any climber between 6-8 years old that is practicing safe climbing rules & understands climbing etiquette. These climbers already have the skills, strength and endurance to climb to the top of the tallest wall.

9-11 YEARS

GROUP A MON 7:10PM - 8:05PM (55MINS)

\$75

All new climbers between the ages of 9-11 years old or climbers still working on building skills, strength and endurance for route* climbing

9-11 YEARS

GROUP B TUE 5:25PM - 6:00PM (55MINS)

\$75

For any climber between 9-11 years of age that is practicing safe climbing rules and understands climbing etiquette. These climbers already have the skills, strength and endurance to easily climb a route* with a 5.7 difficulty level.

12-14 YEARS

GROUP A TUE 6:25PM - 7:30PM (65MINS)

\$85

All new climbers between the ages of 12-14 years old or still working on building skills strength and endurance for route* climbing.

12-14 YEARS

GROUP B TUE 6:25PM - 7:30PM (65MINS)

\$85

For our seasoned climbers between 12-14 years old that are consistently climbing routes* with a 5.8 difficulty level and confidently climb a route* with a 5.9 difficulty level. These climbers consistently practice safe climbing etiquette and understand the dynamics of safely belaying another climber on top rope. This group will also practice Lead Climbing.

*** Route Climbing (indoor climbing):** Following one colour of climbing holds for hands and feet from the floor to the top of the wall. All of our routes are assigned a grade level.