

# CLIMBING WALL Classes

## RIDGE Recreation Center (303-409-2333)

SEP  
1-30,  
2019

### Classes & Clinics

Register for classes and clinics at [www.foothills.org/go/](http://www.foothills.org/go/) (Not available for Drop-in)  
Classes that do not meet minimum enrollment one week prior to start will be cancelled.

CLIMBING CLASSES	Classes (2-week sessions)	Ages	Price	Time	Day	Dates
	<b>Mommy &amp; Me / Daddy &amp; Me</b> (*Includes Parent Belay Certification) Introductory class for Mommy OR Daddy and their preschooler. Gives both a chance to get to know the sport of rock climbing. Register child only.	4-5	\$25 Non-D: \$32	9-10am	SAT	SEP 9, 14 SEP 21, 28
	<b>Parent/Child Climb</b> (*Includes Parent Belay Certification) Designed for teams of one child/one parent. Learn climbing techniques together. Register child ONLY. Only ONE parent allowed in attendance during class.	6-10		10:15-11:15am	SAT	SEP 9, 14 SEP 21, 28
	<b>Introduction to Climbing</b> Introductory class to get to know the sport or rock climbing.	4-5		5-6pm	MON	SEP 9, 16
					WED	SEP 4, 11 SEP 18, 25
	<b>Learn to Climb</b> Learn essential skills and techniques needed to begin rock climbing. Trained staff will provide instruction and guidance. Wear clothing that will not restrict movement. Classes are designed for children to take independently.	6-15		6:15-7:15pm	MON	SEP 9, 16
					TUE	SEP 10, 17
					WED	SEP 4, 11 SEP 18, 25
					THU	SEP 5, 12 SEP 19, 26
						SEP 5, 12 SEP 19, 26
5-6pm					6:15-7:15pm	
6:15-7:15pm	6:15-7:15pm					
CLINICS	1-day clinic	Ages	Price	Time	Day	Dates
<b>Learn to Climb II Clinic</b> – Prerequisite: Learn to Climb Designed for youth not new to climbing or as a follow-up after Learn to Climb class. Develop more advanced skills and techniques for recreational rock climbing. Wear clothing that will not restrict movement.	6-15	\$20 Non-D: \$25	5-6:30pm	MON	SEP 30	
				TUE	SEP 24	

### Drop-in

See below for available dates/times offered.

ORIENTATIONS BELAY CERTIFICATIONS	1-day drop-in session	Ages	Price	Time	Day	Dates
	<b>Belay Certification*</b> – Participants will learn general rules of our climbing wall, proper knot tying, how to fit a harness and properly belay. <b>Three additional skill set checks are required to complete certification.</b> Equipment is provided. Certifications are valid for one year. You can re-certify each year.	16 & up	\$10 Non-D: \$13	7:30pm	MON	SEP 16
				6:30pm	TUE	SEP 24
				7:30pm	WED	SEP 4 SEP 18
				7:30pm	THU	SEP 12 SEP 26
				11:30am	SAT	SEP 7 SEP 14 SEP 21 SEP 28
SUPERVISED OPEN CLIMB	1-day drop-in session	Ages	Price	Time	Day	Dates
	<b>Supervised Open Climb</b> Climb with us! A trained climbing attendant will be on hand to belay and offer opportunities to practice your climbing skills. Open for all ages 5 and older, must have waiver signed by parent or legal guardian.	5 & up	Daily Admission Fee OR Use Multi-Visit Card OR Annual Pass	7:30-9pm	MON	SEP 9
				6:30-8pm		SEP 30
				7:30-9pm	WED	SEP 11 SEP 25
				7:30-9pm	THU	SEP 5 SEP 19
				2-4pm	SAT	SEP 14 SEP 28
					SUN	SEP 8 SEP 22