

## Climbing Courses

Our experienced instructors run a variety of exciting course in both indoor and outdoor climbing. Please see our separate brochure on climbing courses or contact us directly for more information if you are interested in any of the following options;

### Indoor Courses:

- Intro to Top Rope
- Learn to Lead Climb
- Technique Clinic

### Outdoor Courses:

- Pathway to the outdoors
- Advanced Outdoor Climbing

## Group Bookings and Enquiries

The top ropes can be used by groups at anytime, via a booking system. We provide instruction, equipment and custom designed programmes to suit your needs.

- Corporate Team building
- Birthday Parties
- Climbing and Abseiling
- School groups
- Casual groups

## Contact Us

Ph: 03 963 2828

E-mail: [climb@ymcachch.org.nz](mailto:climb@ymcachch.org.nz)

## mindbodyspirit

PO Box 2004 | Christchurch  
E: [mailto@ymcachch.org.nz](mailto:mailto@ymcachch.org.nz)  
[www.ymcachch.org.nz](http://www.ymcachch.org.nz)

### City

12 Hereford St | P: 03 366 0689

**Bishopdale Recreation/Youth Centre**  
13a Bishopdale Court | P: 03 359 8320

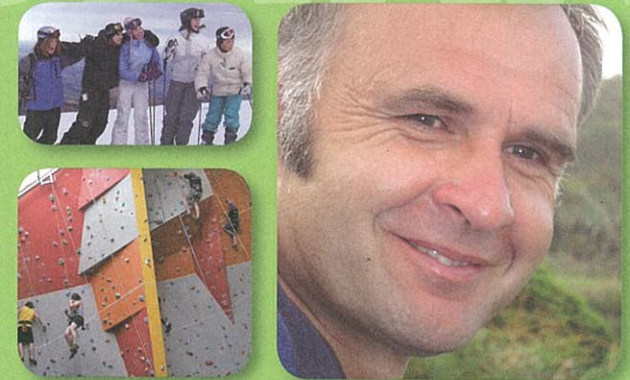
**Youth Education Centre**  
48 Lichfield St | P: 03 377 2174

**Wainui Park**  
Wainui Valley Rd, RD2 Akaroa  
P: 03 304 8460 | F: 03 304 8784  
E: [wainui@ymcachch.org.nz](mailto:wainui@ymcachch.org.nz)



The YMCA is a Charitable Trust. Your support enables us to fund programmes and services for children, youth, adults and special needs people within the community of Canterbury. Your patronage is greatly appreciated.

# Indoor Climbing 2011



Helping to build strong people,  
strong families, strong communities.

## Public Climbing

The YMCA has one of the biggest climbing walls in the South Island with over 75 routes. In the main arena we have created a climbing area to challenge all ages and abilities with top roping or lead options. With a separate bouldering space offering numerous set problems, we cater for all styles of climbing.

## New Climbers Welcome

Climbing is a fun, exciting sport that everyone can do. At the YMCA Climbing Wall we offer a 'Free 20 Minute Intro to Climbing' for complete beginners and infrequent climbers, which is a great opportunity to 'give it a go'. The 'Free 20 Minute Intro to Climbing' is available at the start of every public hour and will show you all the safety procedures needed to be able to climb safely at the YMCA wall.

## Public Climbing Wall Hours

In public climbing hours there is always a floor manager at hand to offer advice, basic safety tuition or assistance. At the YMCA our inclusive atmosphere, whether you're a beginner or pro climber creates an encouraging, relaxed and fun environment. Public Climbing Hours for top ropes, lead climbing and bouldering are:

**Monday: Friday 5:00pm – 9:00pm**

**Saturday: 10:00am – 2:00pm**

**Sunday: 10:00am – 2:00pm**

*Children under the age of 16 years old must be accompanied by a parent or caregiver, unless authorized by management.*

## Bouldering Hours

The bouldering room is open for use during normal business hours.

**8.30 am** till close of climbing wall

**Please Note:- The wall isn't supervised at these times, so you boulder at your own risk! The YMCA's Code of conduct must be adhered to at all times.**

## Entry Fees

	Entry Fee	5 visit Concession	Boulder only
Adult	\$12.00	\$50.00	\$8.00
Tertiary Student	\$10.00	\$40.00	\$7.00
Youth/Child	\$8.00	\$30.00	\$6.00

Students must present a valid ID

## Hire your gear from us

You can hire all of the gear you need from our wall staff

	Adults	Student	Youth
Harness	\$3	\$3	\$2
Shoes	\$3	\$3	\$2
Chalk bag	\$2	\$2	\$2

**\$5 for both harness and shoes**

Just pay along with your entry fee at reception

## Specials

### Flat Rate Wednesdays'

- \$8.00 entry fee (exc gear hire).

### 'Saturday and Sunday Fun Days'.

- Children \$6.00 (incl. gear)
- Adults \$10.00 (incl. gear) but free if only belaying not climbing.

**Please Note: Adults can only be belayed by another adult or child over the age of 14. Belayers who aren't climbing are free.**

**Specials not valid in conjunction with any other concessions.**

## The Y Climbing Academy

The Y are stepping up the level of our frequent youth climbers by changing the focus of our old 'Vertigo Climbing Club' to the new Climbing Academy.

This will include the ability to get to know other motivated young climbers and gain nationally recognised units in climbing should you wish to push yourself a little further!

Please await the new Academy information leaflet for times and details.

Due to a range in demand throughout different parts of the year, we envisage that the academy will run **only in terms 2 and 3 in 2011.**

Happy climbing!!