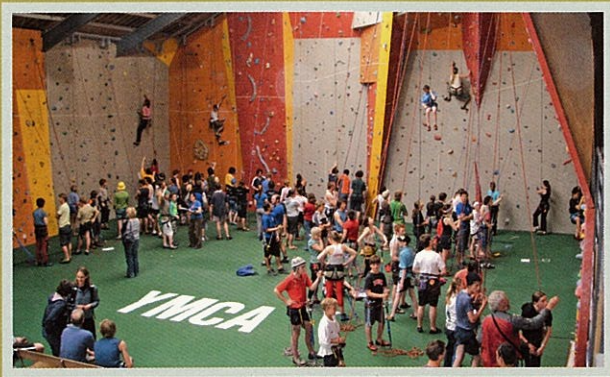


Rock Climbing at the YMCA

We provide instruction and equipment for community groups, schools, out of school programmes and we are open for group bookings at any time of the day, year round.

Our inclusive atmosphere creates an encouraging, relaxed and fun environment whether you are a beginner or a pro climber.

Facilities include on-site parking, showers, sauna and coffee shop.



Climbing Courses

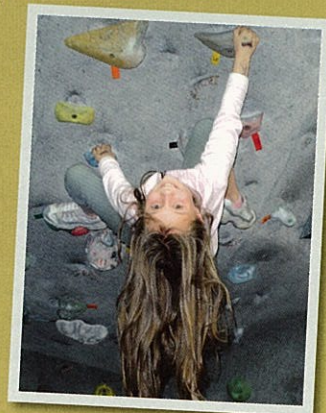
First time climbers at the YMCA can opt for our 'Free 20 Minute Intro to Climbing'. Then get into the nitty gritty with 'Introduction to Climbing', 'Lead Climbing' and 'Technique Climbing' courses which run throughout the year. Great value for money and a good way to meet like minded people and get into a sport which is great for physical fitness, and social too.

Vertigo Climbing Club- for children and young adults

Funkee Monkeys 6-9 years

Team Vertigo 10-18 years

The aim of the Vertigo Club is to facilitate a passion for climbing in a fun, safe and supportive environment. Structured instruction and coaching with streamed groups according to ability. Climbers are able to compete in national competitions.



Why the YMCA?

*The YMCA is a not-for-profit charitable Trust.
Your support is supporting your wider community.*

*We aim to build strong people, strong families, and
strong communities.*

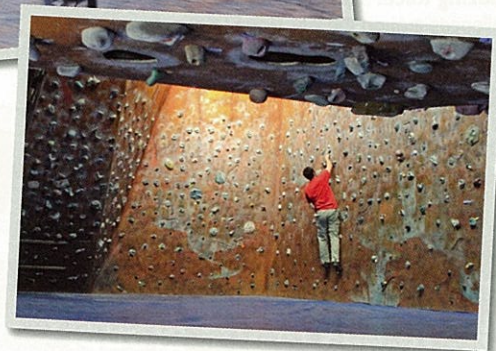
*The YMCA is a values based organisation – we make
decisions and develop programmes which foster
Honesty, Respect, Responsibility and Caring.*

The YMCA has been a leader in this field since 1865.

*Massive variety of opportunities.
Excellent resources and equipment.*

*Great value for your objectives, your time,
and your money.*

**YMCA is an accredited NZQA
Outdoor Recreation Provider.
We can assess against outdoor
recreation SFRITO based unit standards.**



Contact the Y today

YMCA Youth and Outdoors
12 Hereford Street, Christchurch
P.O. Box 2004

Telephone: 03 963 2828

Fax: 03 365 1386

Email: adminyo@ymcachch.org.nz

Web: www.ymcachch.org.nz



**"We build strong kids, strong
families, strong communities."**

**"Me whakahangaia hangaia
e matou, i nga tamariki, i nga
whanau, i nga haponi e."**

Outdoor Education & Leadership Programmes at the Y



www.ymcachch.org.nz

What we do and why we do it:

'Youth and Outdoors' is a branch of the YMCA of Christchurch which focusses on outdoor instruction and youth development. Often one of these involves the other and for this reason we are a dynamic and multi-talented team of professional leaders who can provide any group of people with a worthwhile experience in terms of both adventure and personal/team development.

We work with schools and out-of-school programmes, family, community, and corporate groups.



We provide your one-stop shop.

- Custom designed programmes for your school or camp, we provide the instructors, equipment and safety management in one stress-free package.
- Professional facilitation pitched at the right level for your group – with a view to achieving the outcomes appropriate for your group.
- Huge indoor climbing wall, climbing courses, youth climbing club.
- Youth development, youth training courses and volunteering opportunities.



Adventure and Recreation Opportunities for groups

We provide the instructors, equipment and risk management.

Team Building and Adventure-based Learning

Commonly referred to as ABL this is a great option for your group to develop good communication, trust and rapport in a fun and entertaining way. Our instructors will use some ABL facilitation techniques in every session they teach regardless of the pursuit, but you can opt for a session where this is the primary focus.



Raft Building



ABL



Tyrolean Traverse



High Ropes

Indoor Climbing and Bouldering Room: Great for confidence, team building and fitness. Ideal for school activities, holiday programmes or a community group activity as it is not weather dependent.

Outdoor Climbing: Fantastic locations around Canterbury.

Kayaking: Learn the basic skills on flat water at Cass Bay, the Groynes or Purau. We provide qualified instructors and the equipment.

Abseiling: Indoor abseiling tower or outdoors somewhere on real rock.

Adventure Days: Rotate your group through any 3 activities for an action packed day, for example climbing, abseil and ABL. We can design Half Day or Full Day Packages to suit your individual groups needs.

Raft Building: Another team challenge incorporating problem solving, skill development, fun and success at the finish.

Orienteering: Map reading and compass skills, different courses available for different ages and abilities.

Tyrolean Traverse: A team challenge which involves problem solving, rope skills, trust and teamwork, possibly a dunk in the river, and lots of laughs.

Amazing Race: Starting at the Y, teams collect clues and face challenges around the city, using UHF radios, navigation and map reading skills, and their own resourcefulness.

High Ropes: Our qualified instructors will facilitate and guide your group through a high ropes course.



We can put together a day, overnight, camping or term programme based on your budget and the needs of the group.

Leadership training and development

Youth Leadership training:

13 – 15 year olds

This dynamic programme is held after school once a week. This course develops leadership and self confidence through involvement in a variety of activities and discussions. Participants have the opportunity to work on community projects. This course is part of a National YMCA leadership programme.

Raise Up Crew:

15 – 18 year olds

This is a National YMCA programme based on youth participation principals which have at their core the premise that young people need to be actively informed about and involved in decision making for their communities. The Crew meet regularly to design events, workshops and other opportunities for youth within their community. The Crew receive support, training (planning, budgeting, event management) and guidance from YMCA staff to put together awesome events for other young people. The Crew members are selected after application and interview. A great programme run for youth, by youth.



Peer Leadership Training

Our facilitators will come to your school and deliver a dynamic programme, preparing year 11/12 students for a Peer Leadership role. In addition to this our facilitators can provide leadership programmes delivered at your school for up to 12 students in year 8.

Volunteering at the YMCA

The Christchurch YMCA has literally hundreds of volunteers involved in their term and holiday programmes. If you are 16 years old or over and want to give something back to your community, achieve a sense of personal purpose, learn new skills, gain experience for a current/future career and meet a whole lot of new people, then volunteering at the Y might be the way to do it. Holiday programmes, camps, climbing wall and more. Give us a call today for more information.