



Climbing Wall

Winter 2012

Contact Information

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Climbing Wall

A 20 foot climbing wall great for ages 5 through adult. The Climbing Wall offers 5 different ropes and experienced staff to assist you in every climb. Comfortable attire is necessary, climbers can not wear skirts or skorts and closed toed shoes are required.

Open Climb Hours

Monday - Thursday 4:00 pm - 8:00 pm
Saturday 9:00 am - 12:00 pm

Classes

Climbers will learn techniques, knots, footwork, equipment safety, commands and more. More advanced climbers will also learn belay techniques. Once the class has been successfully completed, climbers may continue to challenge themselves during open climb.

Individual Class

Participants must be at least 7 years old to take this class. A waiver must be signed by a parent/guardian for youth under 18 prior to climbing.

Family Class

For ages 5 through adult, must have at least 1 adult and 1 child with a maximum of 4 in a class. This class is a great family activity. Parents will learn basic skills of climbing and belaying along with their children. Children 5-16 must have an adult in the family class and all participants must be members to receive the member rate.

Class Times

Monday 4:30pm - 5:45 pm or 6:00 pm - 7:15 pm
Tuesday 4:30pm - 5:45 pm or 6:00 pm - 7:15 pm

Pre-registration is required for class, register at the Cooper Y Front Desk.

Fees

Individual Class

Y Member	\$20
Y Non-Member	\$40

Family Class

Y Member	\$12.50 per person
Y Non-Member	\$22.50 per person

Cooper Y



Registration Information

Pickup/Drop off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.). Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6400.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th Street	1039 P Street	700 Penrose Drive	2601 N. 70th Street	570 Fallbrook Blvd., # 210	570 Fallbrook Blvd., #210
Lincoln, NE 68512	Lincoln, NE 68508	Lincoln, NE 68521	Lincoln, NE 68507	Lincoln, NE 68521	Lincoln, NE 68521
(402) 323-6400	(402) 434-9230	(402) 323-6444	(402) 434-9262	(402) 434-9217	(402) 434-9225