



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ROCK WALL



## OUR ROCK WALL IS OFFICIALLY OPEN!

Challenge yourself by trying out the YMCA Anthony Bowen rock wall! The rock wall is officially open to all members during open climb hours Wednesday through Saturday. Any non-members may use the wall at \$16 per person. Private rock wall parties and events may be scheduled outside of our open climb hours. Please see the front desk for any questions or scheduling.

## ROCK WALL HOURS

**Wednesdays, Thursdays, & Fridays: 5:30pm – 7:00pm** | **Saturdays: 10:00am – 1:00pm**

## DID YOU KNOW?

Rock wall climbing enhances your grip strength, gives you a full body workout, improves flexibility and agility, PLUS it's a lot of fun! Here are some more fun facts:

- You can burn 660 calories in one hour of indoor rock climbing.
- The continuous practice of rock climbing boosts flexibility and helps the muscles improve their range of motion from the intense movements required during rock climbing.
- The meditative effects that come with rock climbing can help to ease the tension and allow you to focus on the fun course ahead of you rather than dwell on what's causing you stress.

