

CLIMBING WALL OPEN CLIMB HOURS

CHARLES WHITLOCK RECREATION CENTER | 303.987.4800

30 feet high with 1,200 square feet of climbing surface

4-8 p.m. Tuesday and Friday

LAKEWOOD LINK RECREATION CENTER | 303.987.5400

23 feet high with over 2,000 square feet of climbing surface

5-8:45 p.m. Monday and Wednesday

4-8:45 p.m. Tuesday and Thursday

11 a.m.-4:45 p.m. Saturday and Sunday

CLIMBING TEAMS

Information: 720.963.5384

CLIMBING TEAM

Join the team and experience the fun and excitement of training and competing with other local youth climbers. All levels of climbers are welcome. Registration includes two nights per week of training at the Link Climbing Wall, a free climbing pass for each session for which you register and a team T-shirt. Participants at this level **MUST** know how to belay.

Ages: 6-18

\$69 Resident, \$79 Nonresident

Activity #	Date	Day	Time	Loc
130216-01	Jan 12-Feb 4	Mon,Wed	7-8:30 pm	LINK
130216-02	Feb 9-Mar 4	Mon,Wed	7-8:30 pm	LINK
130216-03	Mar 9-Apr 8	Mon,Wed	7-8:30 pm	LINK
130216-04	Apr 13-May 6	Mon,Wed	7-8:30 pm	LINK

(No class Mar 23-25)

TEAM 4-SESSION DISCOUNT

\$255 Resident, \$295 Nonresident

Activity #	Date	Day	Time	Loc
130216-05	Jan 12-May 6	Mon,Wed	7-8:30 pm	LINK

(No class Mar 23-25)

JUNIOR CLIMBING TEAM

Interested in the climbing team but want more experience? Our qualified climbing instructors will teach you all the skills you need to improve and to compete with other local youth climbers. This team is ideal for the new climber. Receive two nights of training per week at the Link Climbing Wall and a team T-shirt.

Ages: 6-18

\$55 Resident, \$65 Nonresident

Activity #	Date	Day	Time	Loc
130217-01	Jan 12-Feb 4	Mon,Wed	5:30-6:30 pm	LINK
130217-02	Feb 9-Mar 4	Mon,Wed	5:30-6:30 pm	LINK
130217-03	Mar 9-Apr 8	Mon,Wed	5:30-6:30 pm	LINK
130217-04	Apr 13-May 6	Mon,Wed	5:30-6:30 pm	LINK

(No class Mar 23-25)

JUNIOR TEAM 4-SESSION DISCOUNT

\$199 Resident, \$229 Nonresident

Activity #	Date	Day	Time	Loc
130217-06	Jan 12-May 6	Mon,Wed	5:30-6:30 pm	LINK

(No class Mar 23, Mar 25)



Rock Climbing

YOUTH CLIMBING

Information: 720.963.5384

ROCK STARS (FORMERLY CLIMBING CLUB)

Under the instruction of Lakewood's experienced rock climbing staff, participants will learn basic techniques and advance their skills in a fun and noncompetitive environment. All gear is provided.

Ages: 6-15

\$45 Resident, \$59 Nonresident

Activity #	Date	Day	Time	Loc
130214-01	Jan 13-Feb 3	Tue	5:15-6:45 pm	LINK
130214-02	Feb 10-Mar 3	Tue	5:15-6:45 pm	LINK
130214-03	Mar 10-Apr 7	Tue	5:15-6:45 pm	LINK
130214-04	Apr 14-May 5	Tue	5:15-6:45 pm	LINK

(No class Mar 24)

CLIFF HANGERS

They've been climbing trees, boulders, couches and counters, now it's time for the wall! In a safe and comfortable environment, Lakewood's trained and experienced rock climbing staff will teach your child the basic skills and techniques of rock climbing. All gear is provided.

Ages: 3-6

\$39 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
130203-01	Jan 13-Feb 3	Tue	4-5 pm	LINK
130203-02	Feb 10-Mar 3	Tue	4-5 pm	LINK
130203-03	Mar 10-Apr 7	Tue	4-5 pm	LINK
130203-04	Apr 14-May 5	Tue	4-5 pm	LINK

(No class Mar 24)



MASSAGE

therapy

Relieve pain,
improve
circulation,
reduce stress,
promote healing,
reenergize
the body,
mind
&
soul

Our certified therapists offer:

- CRANIAL SACRAL THERAPY
- DEEP TISSUE MASSAGE
- HAWAIIAN LOMI LOMI
- NEUROMUSCULAR MASSAGE
- REIKI
- REFLEXOLOGY
- SOFT TISSUE MASSAGE
- SPORTS MASSAGE
- SWEDISH MASSAGE
- UNWINDING

1/2 hour	1 hour	3 (1 hour)
\$30	\$50	\$135

Carmody Recreation Center
2200 S. Kipling St. | 720.963.5360