

## CLIMBING INSTRUCTION

Information: 303-987-5423

*Spring Break Climbing Camp:* page 56

### 1 DAY CLIMB CLINIC

Want to learn the basics of rock climbing but have trouble fitting in a multi-day class? Then join us in this three-hour clinic designed to teach you all the basic skills needed to get you climbing on the wall! All gear is provided.

Ages: 15 and up

\$19 Resident, \$29 Nonresident

Activity #	Date	Day	Time	Loc
130209-01	Jan 6	Fri	5-8 pm	CWRC
130209-02	Feb 3	Fri	5-8 pm	CWRC
130209-03	Mar 2	Fri	5-8 pm	CWRC
130209-04	Apr 6	Fri	5-8 pm	CWRC
130209-05	May 4	Fri	5-8 pm	CWRC

### LEARN TO CLIMB COURSE

Learn the essential skills and techniques needed to begin rock climbing in just four classes. Lakewood's trained and experienced staff will provide great instruction, a comfortable and safe environment and climbing gear.

Ages: 6 and up

\$45 Resident, \$59 Nonresident

Activity #	Date	Day	Time	Loc
130205-01	Jan 7-28	Sat	10-11:30 am	LINK
130205-02	Feb 18-Mar 10	Sat	10-11:30 am	LINK
130205-03	Mar 24-Apr 14	Sat	10-11:30 am	LINK
130205-04	Apr 28-May 19	Sat	10-11:30 am	LINK

### CLIFF HANGERS

They've been climbing trees, boulders, couches and counters, so now it's time for the rock 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. Parent participation is encouraged. All gear is provided.

Ages: 3-6

\$39 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
130203-01	Jan 10-31	Tue	4-5 pm	CWRC
130203-02	Jan 12-Feb 2	Thu	4-5 pm	LINK
130203-03	Feb 14-Mar 6	Tue	4-5 pm	CWRC
130203-04	Feb 16-Mar 8	Thu	4-5 pm	LINK
130203-05	Mar 20-Apr 10	Tue	4-5 pm	CWRC
130203-06	Mar 22-Apr 12	Thu	4-5 pm	LINK
130203-07	Apr 24-May 15	Tue	4-5 pm	CWRC
130203-08	Apr 26-May 17	Thu	4-5 pm	LINK



### PARENT/CHILD CLIMB

Are you ready to share an awesome adventure with your child? Take this opportunity for you and your child to learn the fundamentals of rock climbing and start enjoying this challenging and fun sport. Wear loose, comfortable clothing. Gear is provided. Parents are free with a registered child.

Ages: 6-12

\$45 Resident, \$59 Nonresident

Activity #	Date	Day	Time	Loc
130204-01	Jan 9-30	Mon	5-6:30 pm	CWRC
130204-02	Feb 13-Mar 5	Mon	5-6:30 pm	CWRC
130204-03	Mar 19-Apr 9	Mon	5-6:30 pm	CWRC
130204-04	Apr 23-May 14	Mon	5-6:30 pm	CWRC

### WOMEN ROCK!

Have fun while getting fit, building confidence and experiencing the sport of rock climbing with other women. Learn the basics of rock climbing or improve your climbing skills and techniques in an encouraging, female environment. Gear is provided.

Ages: 14 and up

\$49 Resident, \$65 Nonresident

Activity #	Date	Day	Time	Loc
130206-01	Jan 10-31	Tue	6-7:30 pm	CWRC
130206-02	Jan 12-Feb 2	Thu	6-7:30 pm	LINK
130206-03	Feb 14-Mar 6	Tue	6-7:30 pm	CWRC
130206-04	Feb 16-Mar 8	Thu	6-7:30 pm	LINK
130206-05	Mar 20-Apr 10	Tue	6-7:30 pm	CWRC
130206-06	Mar 22-Apr 12	Thu	6-7:30 pm	LINK
130206-07	Apr 24-May 15	Tue	6-7:30 pm	CWRC
130206-08	Apr 26-May 17	Thu	6-7:30 pm	LINK

### SENIOR ROCK CLIMBING CLASSES

Designed especially for the active older adults to experience the exciting sport of indoor rock climbing while improving strength, mobility and balance. In this relaxed, encouraging atmosphere, try something new or refresh a past skill. Instruction and gear included!

Ages: 55 and up

\$45 Resident, \$59 Nonresident

Activity #	Date	Day	Time	Loc
130208-01	Jan 8-29	Sun	1-2:30 pm	CWRC
130208-02	Feb 5-26	Sun	1-2:30 pm	CWRC
130208-03	Mar 4-25	Sun	1-2:30 pm	CWRC

# Rock Climbing

## SPECIAL ONE-DAY EVENTS

Information: 303-987-5423

### VALENTINE'S DAY CLIMB CLASS

Bond with your valentine and learn to rock climb together! Climbing is a fun and exciting way to build trust, communication and teamwork. Topics taught include knots, harness fit, rope handling, belay system and verbal commands. A sweet treat is included!

Ages: 18 and up

\$29 Resident, \$39 Nonresident

Activity #	Date	Day	Time	Loc
130207-01	Feb 14	Tue	5-8 pm	CWRC

### ROUTE-SETTING CLINIC

Ever wanted to unleash your creativity and set your own climbing route? Have a home gym or just want to improve your own climbing skills by getting route-setting beta? This workshop will also cover the technical aspects of route-setting and the more creative side: learning to force interesting and thought-provoking climbing movements.

Ages: 16 and up

Instructor: Head Route-Setter, Travis Blair

\$25 Resident, \$29 Nonresident

Activity #	Date	Day	Time	Loc
130210-01	Feb 25	Sat	11 am-3 pm	LINK
130210-02	Mar 9	Fri	2-6 pm	LINK

### ROCK STEADY 7: HIP HOP HEAVEN

The seventh annual rock climbing event is fun for everyone! Awards and raffles, music, climbing and costumes! The youth event is for ages 6-14, all levels of ability. The adult event for ages 15 and up has categories for Recreation (up to 5.9), Intermediate (up to 5.10+), Advanced (up to 5.12) and Open (5.11- and up and lead). Youth that can climb 5.11 can enter (adult) Advanced.

Ages: Youth 6-10 & 11-14, Adult 15 and up

\$20 Early registration, \$30 Day of event

Category	Activity #	Date	Day	Time	Loc
Recreation	130218-01	Feb 4	Sat	1:15-5 pm	LINK
Intermediate	130218-02	Feb 4	Sat	1:15-5 pm	LINK
Advanced	130218-03	Feb 4	Sat	1:15-5 pm	LINK
Open	130218-04	Feb 4	Sat	1:15-5 pm	LINK
Youth (6-10)	130218-05	Feb 4	Sat	9:30 am-12:45 pm	LINK
Youth (11-14)	130218-06	Feb 4	Sat	9:30 am-12:45 pm	LINK



### INCLUSION AND ACCESSIBILITY SERVICES

Information: Please call 303-987-4869

Lakewood Recreation welcomes individuals of all abilities into our programs and activities. In order to provide a successful experience, we invite you to call 303-987-4869 or TDD 303-987-4862 to discuss any reasonable accommodations you may need at least two weeks before the class is scheduled to begin. If you need a sign language interpreter, we request at least 72 hours notice.



## PRIVATE LESSONS

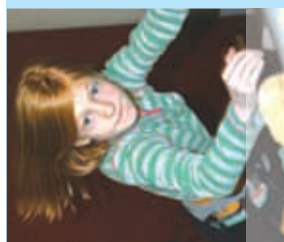
Join a certified instructor for one-on-one or semi-private lessons to learn the basics or improve your skills.



### AQUATICS

Ages: All

Contact: 720-963-5371



### CLIMBING

Ages: 3 and up

Contact: 303-987-5430



### GYMNASTICS

Ages: 6-14

Contact: 720-963-5384



### TENNIS

Ages: 4 and up

Contact: 303-987-4845



### VOLLEYBALL

Ages: 7 and up

Contact: 303-987-4805



### YOUTH SPORTS

Ages: 3-11

Contact: 303-987-5422

# Rock Climbing

## YOUTH CLIMBING CLUBS & TEAMS

Information: 303-987-5423

### CLIMB CLUB

Choose to join the club on Mondays or the club on Thursdays and advance your climbing skills in a non-competitive, fun environment with peers and Lakewood's rock climbing instructors. Use the climbing club pass to climb at either of Lakewood's walls during open hours. Register for three months and save! All gear is provided.

Ages: 6-15

#### MONDAYS

1 Month: \$35 Resident, \$45 Nonresident

Activity #	Date	Day	Time	Loc
130213-01	Jan 9-30	Mon	5:30-7 pm	LINK
130213-02	Feb 6-27	Mon	5:30-7 pm	LINK
130213-03	Mar 5-26	Mon	5:30-7 pm	LINK
130213-04	Apr 2-30	Mon	5:30-7 pm	LINK
130213-05	May 7-21	Mon	5:30-7 pm	LINK

3 Month: \$85 Resident, Nonresident

Activity #	Date	Day	Time	Loc
130213-07	Jan 9-Mar 26	Mon	5:30-7 pm	LINK
130213-09	Mar 5-May 21	Mon	5:30-7 pm	LINK

(No class May 28)

#### THURSDAYS

1 Month: \$35 Resident, \$45 Nonresident

Activity #	Date	Day	Time	Loc
130214-01	Jan 5-26	Thu	5-6:30 pm	LINK
130214-02	Feb 2-23	Thu	5-6:30 pm	LINK
130214-03	Mar 1-29	Thu	5-6:30 pm	LINK
130214-04	Apr 5-26	Thu	5-6:30 pm	LINK
130214-05	May 3-31	Thu	5-6:30 pm	LINK

3 Month: \$85 Resident, Nonresident

Activity #	Date	Day	Time	Loc
130214-07	Jan 5-Mar 29	Thu	5-6:30 pm	LINK
130214-09	Mar 1-May 31	Thu	5-6:30 pm	LINK

### CLIMBING TEAM

Experience the fun and excitement of training and competing with other local youth climbers. All levels of climbers are welcome. Two nights of training per week at the Lakewood Link Climbing Gym, a free Lakewood Climbing Pass for each session for which you register and a team T-shirt. Sign up for four sessions, and we pay for one regular season competition a month. Participants at this level MUST know how to belay.

Ages: 6-18

1 Session: \$65 Resident, \$65 Nonresident

Activity #	Date	Day	Time	Loc
130216-01	Jan 4-30	Mon, Wed	7-8:30 pm	LINK
130216-02	Feb 1-29	Mon, Wed	7-8:30 pm	LINK
130216-03	Mar 5-28	Mon, Wed	7-8:30 pm	LINK
130216-04	Apr 2-30	Mon, Wed	7-8:30 pm	LINK
130216-06	May 2-30	Mon, Wed	7-8:30 pm	LINK

4 Sessions: \$239 Resident, Nonresident

130216-05	Jan 4-Apr 30	Mon, Wed	7-8:30 pm	LINK
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(No class May 28)

### JUNIOR CLIMBING TEAM

Interested in the climbing team but want more experience first? 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. Two nights of training per week at the Lakewood Link Climbing Gym, a free Lakewood Climbing Pass for each session for which you register and a team T-shirt. Sign up for four sessions, and we pay for one regular season competition a month.

Ages: 6-18

1 Month: \$45 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
130217-01	Jan 4-30	Mon, Wed	6:30-7:30 pm	LINK
130217-02	Feb 1-29	Mon, Wed	6:30-7:30 pm	LINK
130217-03	Mar 5-28	Mon, Wed	6:30-7:30 pm	LINK
130217-04	Apr 2-30	Mon, Wed	6:30-7:30 pm	LINK
130217-05	May 2-30	Mon, Wed	6:30-7:30 pm	LINK

4 Month: \$179 Resident, Nonresident

130217-06	Jan 4-Apr 30	Mon, Wed	6:30-7:30 pm	LINK
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(No class May 28)

## LAKWOOD CLIMBING WALLS

Charles Whitlock  
Recreation Center

*Our indoor climbing wall is 30 feet high with approximately 1,200 square feet of climbing surface including top ropes and bouldering with natural features throughout.*

*Wed-Fri, 4-8 p.m.  
Sat, 11 a.m.-5 p.m.*

INFO: 303-987-4800

Lakewood Link

*Our climbing wall has over 2,000 square feet of climbing surface featuring both lead and top-roped routes. Test your skills at any level!*

*Mon-Wed, 4-9 p.m.  
Sat/Sun 11 a.m.-5 p.m.*

INFO: 303-987-5400

