



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLIMB NEW HEIGHTS

## Open Climb Rock wall Hours YMCA ANTHONY BOWEN



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

- Enhance your grip strength!
- Get a full body workout!
- Improve flexibility and agility!

## Open Climb Hours:

Monday	6:00pm to 9:00pm
Tuesday	6:00pm to 9:00pm
Wednesday	6:00pm to 9:00pm
Thursday	6:00pm to 9:00pm
Friday	9:00am to 1:00pm
Saturday	9:00am to 1:00pm
Sunday	9:00am to 1:00pm