



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!
- It's a lot of fun!

Open Climb Hours:

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|-----------|------------------------------|--------------------|
| Monday | NEW! 9:00am to 1:00pm | & 6:00pm to 9:00pm |
| Tuesday | | 6:00pm to 9:00pm |
| Wednesday | | 6:00pm to 9:00pm |
| Thursday | | 6:00pm to 9:00pm |
| Friday | NEW! 9:00am to 1:00pm | |
| Saturday | | 12:00pm to 4:00pm |
| Sunday | | 12:00pm to 4:00pm |