

CLIMBING WALL SCHEDULE

**Schedule Effective
1/2/24**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Certified Climb & Bouldering	Certified Climb & Bouldering	Certified Climb & Bouldering	Certified Climb & Bouldering	Certified Climb & Bouldering	Open @ 7:00	Open @ 7:00
7:00						Certified Climb & Bouldering	Certified Climb & Bouldering
noon							
1:00				1:30 – 3 Class Starts 1/11/23			
2:00							
3:00							
4:00							
5:00							
6:00		6:00 to 8:00 Hang Time		6:00 to 8:00 Hang Time			
7:00							
8:00							
10:00	Close @ 9:45	Close @ 9:45	Close @ 9:45	Close @ 9:45	Close @ 9:45	Close @ 8:45	Close @ 6:45

CERTIFIED CLIMB: This is a time when only those that are very experienced and have been cleared by a climbing instructor and placed on the certified climbing list. If one is not on the certified climbing list they cannot climb during this time.

HANG TIME: This is a time for you to come in and experience the wall even if you are not belay certified. There will be an instructor present to belay you and we have a limited number of harnesses available as well. There will also be limited availability for Belay Testing during this time.

BOULDERING: This is climbing low to the ground without the use of ropes. A person or child (minimum age is 6) should be spotted by another person. No part of the body may pass above the third panel from the ground. Bouldering should not be done underneath roped climbers.

BELAY TEST: Member: free / Non-member: \$15

Anyone that uses Logan Health Fitness climbing wall must pass the belay safety proficiency test or be in a special group such as a birthday party, enrolled in the S.P.A.R.K. program, etc. Must be at least 6 years old to take belay test and use the climbing wall.

By appointment: 751-4137

CLIMBING LESSONS: Learn the fundamentals of climbing and how to climb safely with an instructor. Lessons can be set up for an individual or a group of people. We will work with the person or group to set-up days and times for the lesson that work with your schedule. Visit our website for more information, www.summithealthcenter.com.

CLIMBING GEAR: Climbing gear is not available during Advanced Climb. Limited gear available during Hang Time.

AGE GUIDELINES: Participants must be 6 and older to use the wall. Participants 12 and under must be directly supervised by an adult 18 and older.

CLIMBING WALL WAIVER/RELEASE FORM

Every person that uses the climbing wall must have a climbing wall waiver/release form completely filled out and on file with our climbing wall department. Forms are available at the climbing wall, at front desk and on the website.

For more information: 751-4137